

THE RISING SUN

100

I HAVE STOPPED STRUGGLING ALONE. I HAVE TAKEN THE ALMIGHTY AS MY PARTNER. I LET GO AND RELAX AND ALLOW HIM TO GUIDE ME SAFELY ALONG.

I FEEL THAT I AM READY FOR ANY CHALLENGE THAT MAY COME INTO MY LIFE. WITHOUT FEAR OR TENSION I WILL MEET ALL PROBLEMS CALMLY.

I AM WILLING TO ACCEPT CHANGES IN MY THINKING. SUCH CHANGES HELP ME TO BUILD A NEW WORLD. I GIVE THANKS FOR THIS UNDERSTANDING.

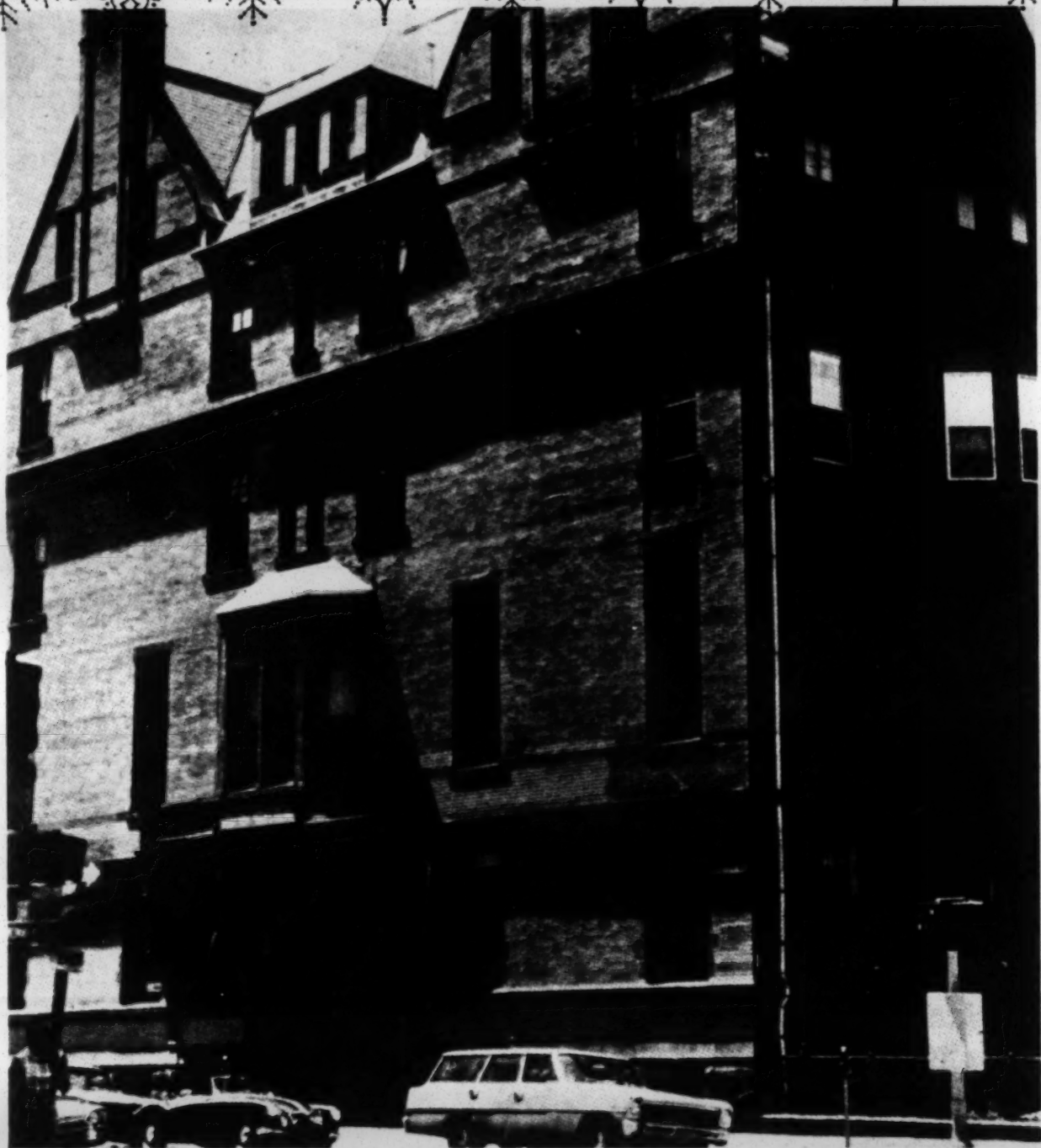
THE AID I GIVE TO OTHERS CONSTITUTES THE STEPPING STONES TO SPIRITUAL PROGRESS THAT HELP ME TO CLIMB RAPIDLY TOWARD A GOAL.

I REPLACE WITH LOVE WHATEVER I AM MOVED TO CRITICIZE, AND WHEN I SEE INJUSTICE, I BLESS THE SITUATION KNOWING THAT UNFAIRNESS WILL VANISH.

MY LIFE MUST BE A BLESSING TO OTHERS--FREE FROM WORRY AND TENSION. BY LETTING GO, I ENABLE THE ALMIGHTY TO GUIDE, PROVIDE FOR AND PROTECT ME.

Amel Wignone D.D.





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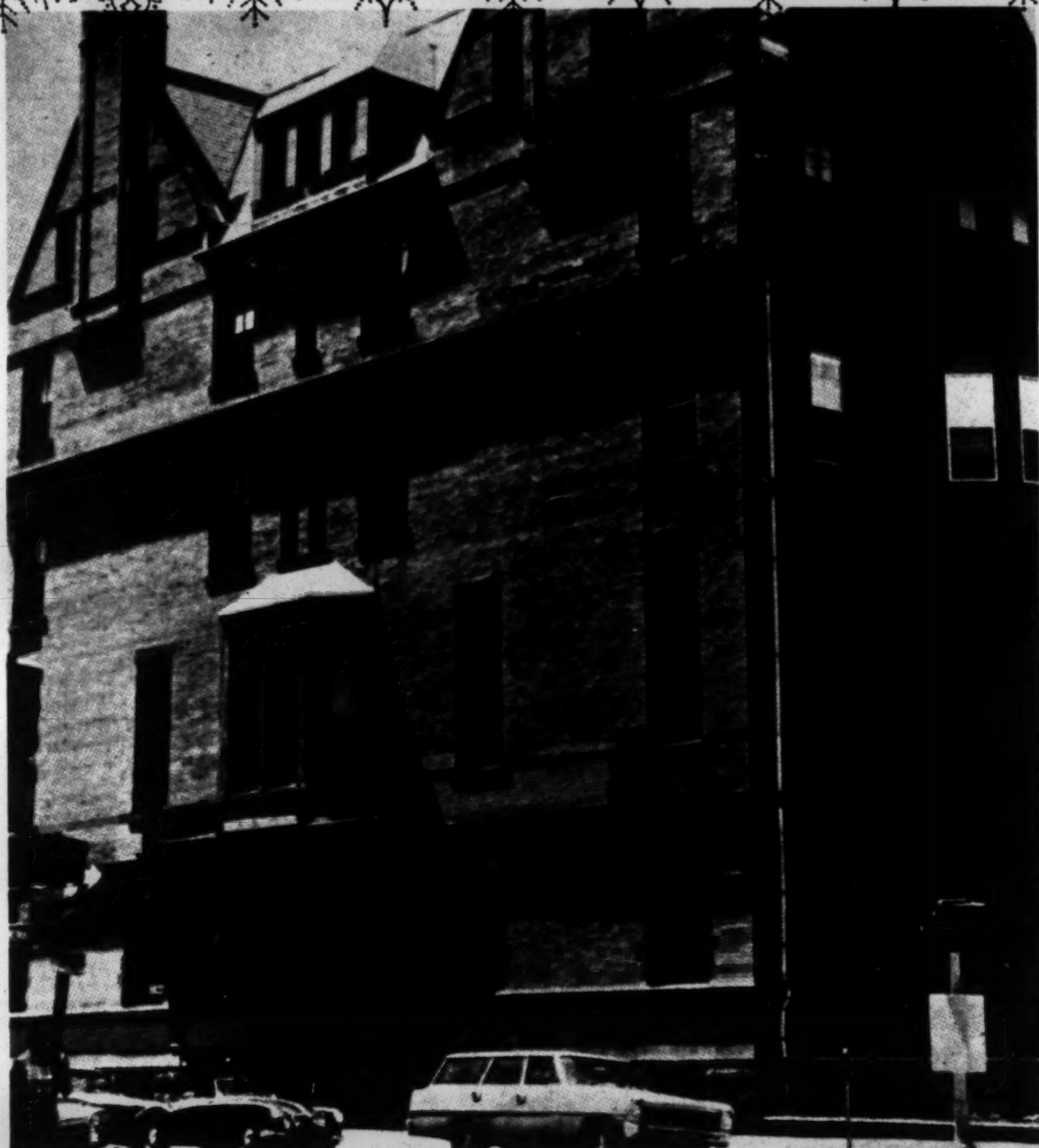


Faith and Works

Every day, when I see the miracles Mother Nature performs as she rebuilds the bodies of so-called "incurables", it makes me become more and more humble and I realize what a very small part I am playing in the general scheme of the Almighty's plans. It emphasizes how little we can do and how the Almighty provides all the things that are necessary to perform the wonders in the healing art. To those who have faith and will put forth the effort, the results are miraculous. How plainly Paul expressed it: "Faith without work is dead."

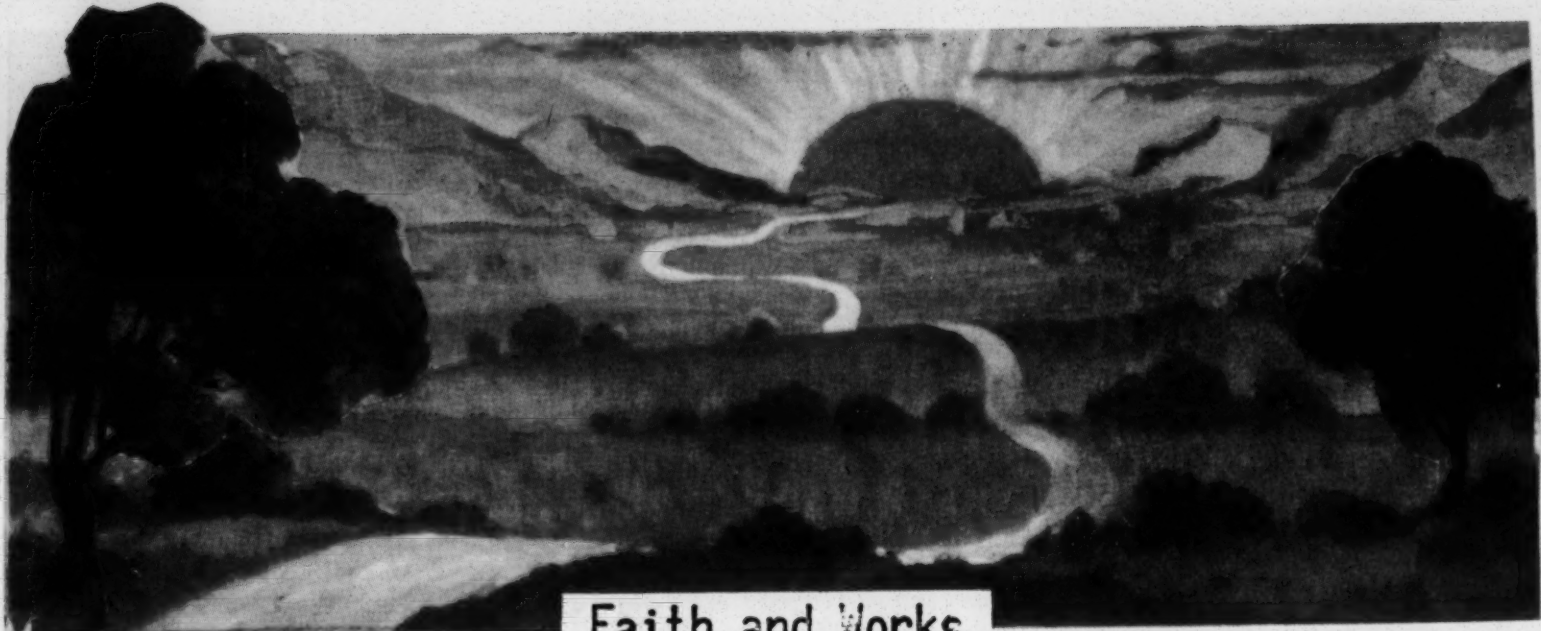
The main reason I am writing in this issue is to share with you the explanation I received from the faithful wife of a man who has gone through very trying conditions for five years. His dear wife saw him go down, down in spite of visiting every doctor, every clinic and every hospital they could think of. In desperation, they prayed that they might be directed as to what to do. Then a friend suggested that they see a medical doctor in New York who worked with Mother Nature. This doctor tried his skill with no improvement. He had previously received a booklet on the miracles of wheatgrass from one of his patients. He called me on the telephone and told me about this sufferer and his wife. He asked me if I could possibly take the unfortunate immediately. Since the wife was to come with her husband to care for him and they were willing to stay as long as necessary, I naturally agreed. I work with Mother Nature, as I explained to her when they arrived. I merely make the environment for Mother Nature to get in her work of healing. I told them that Mother Nature never fails, but success depends upon how they would cooperate with her. A long effort exerted by them, with my supervision, brought results. The splendid faith that this man seemed to muster was outstanding. Although the condition had been more or less arrested there had been no indication of improvement until one morning, the wife drew me aside and informed me that Mother Nature had showed her handiwork: first, the hands and feet. Mother Nature had proven her healing skill. His hands and feet had been lifelessly white. Then, miraculously, they began to turn to a lifelike color. He had not been able to use his hands for years. Now, life began to tingle in the fingers. What the wife shared with me, I want to give you. She said: "I understand now what you meant when you said our bodies are a holy temple, and how wonderful its workings are." Then she went on to say, "I realize now how God answers prayer when you ask with real desire in your heart. He gives you new life not only for yourself but to help others. And how wondrous He works through what you call human angels. They just come into your life and open new doors of opportunities. How the wheatgrass, sent to you by the Almighty, plays such tremendous roles nutritionally! How so many other avenues, as you call them, tools, come in one by one. And I realize now that God dwells within us; how He provides for our every need. everything in the world belongs to God."

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Faith and Works

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We have been fortunate in gathering together leading scientists who have made a thorough study of fertility and have learned from them that the present unsettled conditions of the soil in this country can be rectified through the proper use of cover crops that are plowed under. Wheatgrass has been found to be an excellent cover crop for this purpose and enriches the soil almost at once whereas many cover crops take months to disintegrate. It has been definitely determined that the same amount of land used for grazing cattle--to be later turned into meat for the table--utilized for the raising of vegetables and fruit will feed far greater numbers of human beings who have adopted the vegetarian diet. What is more, uncooked vegetation in the shape of grains, etc., has far more nutritional value than when the same material has been cooked. Vegetation, used as food, costs fifty per cent less than meat.

I have proven one big thing, nutritionally, this winter. I have a woolly monkey that is very delicate, and I was told that it is impossible to keep monkeys alive during the New England winter. Because of the lack of sunshine, etc., they develop a paralysis and eventually die with it. No physicians have been able to cope with this condition. A friend told me, who owns a woolly monkey, that he spent six thousand dollars in one year going from one specialist to another to relieve this health menace. My little woolly monkey came to me in a dying condition. It was much smaller than the average monkey which weighs about fifteen pounds. Because of her sickly nature, she only weighs seven pounds although she is full-grown. Yet without any sunshine and subject only to electric light that shines all day and half the night, she has come through in perfect health. She is taken out well bundled up every day, even in zero weather.

One of the great mysteries of this existence is the actual fact that, in order for a person to receive gifts, that person must also give. This giving and receiving is a two way street. If you merely sit around with your hand out, like the proverbial beggar, waiting for things to flow your way, you will find out from sad experience that giving is a two way boulevard, and that if you do not give, it is useless to expect others to give to you. I have watched this type of giving-receiving for many years, and I have never found an exception. The person who wants gifts generally receives some minor things in the beginning, but then the giving seems to dry up if that person does not also give. The person who shares what little he or she has with others finds that the gifts continue to flow his or her way in ever increasing volume.

I know a little lame girl who stands all day outside a trust company, supposedly selling pencils. She receives a lion's share of giving continuously, and she told a minister friend of mine that every night she divides what she has received with two crippled boys who are also dependent upon charity but who do not receive together even one-half of what she obtains every day.

You should never forget that to keep progressing, you must share whatever you have today with someone else. And we trust that this will also take in the issues of our monthly publication. We send this periodical out regularly on a donation basis, and if we want to increase the good it is doing, we must constantly branch out and get it into the hands of those who need it. Therefore, you as one who is receiving it regularly, are in a position to help us achieve our goal. Share your copy with someone else and call attention to the fact that we need donations. In this way you will help others and also help us.

Let us start off with a statement showing the power wrapped up in a seed. A cooked wheat seed is dead. It has no power. A live seed sends out roots when it is sprouted, and we know that living roots of trees can break great rocks apart. The health books are full of the power of nutrition in the so-called balanced meals, but those meals generally consist of ninety per cent cooked foods.

Researchers have worked on those foods in their natural state, which is not cooked. They have discovered in them many wonderful elements which the body needs. When these foods are cooked, they contain only the limited amounts of minerals that can survive the heat, and there is not enough value left in these foods to properly maintain health. They may taste good. They may look good. Such food, doctored up with butter and seasoning, appeals to the taste. On the other hand, food that has not been cooked, in its natural state, contains not only the needed nutritional elements, but the vegetables contain magnetic forces that are necessary for the rebuilding of body cells. The reason sick persons receive a real surprise when they are fed uncooked food is because it contains this magnetism which their bodies need.

As I keep repeating over and over again, give Mother Nature the tools she needs nutritionally and the opportunity, and she will rebuild your body. The body is a self-healing, self-sustaining mechanism which never wears out if given the environment and the proper tools with which to work.

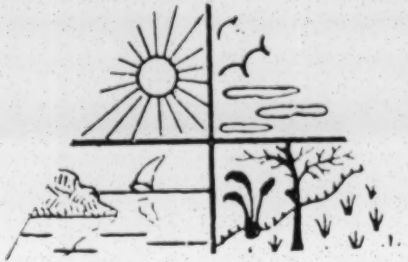
Of course, the vegetables should be grown organically in naturally fertile soil, so they will contain all the nutrients the body needs. This is the reason why I stress the use of sprouts, wheatgrass, etc. Of course, the ideal sprouts come from organically grown seed. Also, to make it more complete, use slightly sprouted wheat, rye and oats for making excellent milk.

The greatest treasures nutritionally found in weeds seem to be in the dandelions. They are so nutritious that my pet monkey prefers them to garden vegetables.

Fruit is a cleansing food. It helps to keep our minds alert. It contains positive electricity which it gets from the sunshine and air. It must be remembered also that the best fruit is organically grown and above all, it should be ripe. Since the spraying of fruit is an ordinary practice, I never eat the skin of any fruit. Fruit, because of its high electric content, in the uncooked state, is a spiritual food. Spiritual healers and those sufferers who seek to regain their health should have a fruit diet. Fruit is always harmonious with nature because of the sunshine, air and water. It raises the vibrations.

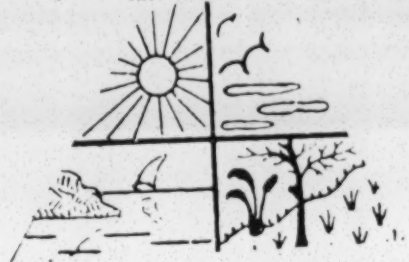
A person should follow his or her instinct as to the type of fruit that should be eaten. Some folks seem to need the heavier fruit such as the fruit-vegetable avocado or bananas, but always bear in mind that fruit should cause you no digestive disturbances. One kind of fruit should be eaten at a time--they should never be mixed. Again I repeat, fruit and vegetables should not be eaten together as the processes of digestion are different for each.

During the past nine years, we have been proving, through the use of proper, uncooked nourishment, that all ailments can be relieved. There is no doubt about it. When Mother Nature is supplied with the right environment and the proper tools, I have proved absolutely that she does not fail to do her job and she repairs the damage we do to our bodies through misunderstanding which brought about a failure to cooperate with Mother Nature.



HEALING SCIENCE

The Healing Sun



In ancient times, the sun, because it was the most prominent representative of the heavens, played a most important role in the primitive lives of human beings. In early Egyptian history, the sun held a high place among the household gods and was known as Re. At that time, it was realized that without the warmth and light of this celestial body, human beings could not live upon this earth. Today, it is recognized as the giver of health, happiness and hope.

It should never be overlooked that the source of all life on this planet, which we call the earth, is the sun. Without the presence of this heavenly body everything would be stagnation and chaos. But the rays from the sun vary in intensity and usefulness. Too much of the red rays would blister the surface of the earth and yet, too little would permit the choking cold to wipe out all vegetation. Yes, indeed, life here is dependent upon the rays of the sun as this endless store of light and heat. If humanity were devoid of greed, the rays of the sun could be cooperatively utilized and would supply everything needed on this plane by everyone from the beginning to the end.

But like all good things which are furnished by the Almighty, too much is as dangerous as too little. The sunshine builds vitamin D in the skin of a human being, and vitamin D must be present if calcium and phosphorus is to be utilized in the circulation of our blood. But sunshine also tans the skin of light colored human beings and thus builds a sort of curtain which prevents the healing rays from penetrating deep into the human body. Scientists claim that this ability to penetrate goes to the depth of a full six or seven inches.

Where there is a lack of sunshine, the complexions of light colored human beings fail to take on a rosy glow. The skin seems devoid of blood near the surface and a chalky cast is apparent on the exposed skin.

Researchers have proved conclusively that reflected sunlight--the sunlight one receives while in the shade, is far more health giving than the direct rays. Received in this way, the burning red emanations can do no damage to the tender tissues just below the skin and all the benefits of sunshine are received at their best. The person who allows the direct rays to redden and blister the skin is very foolish. Not only is the shock to the body of this onslaught of rays harmful, but the after effects, the blisters, the pain and the accompanying misery damages not only the digestive and respiratory organs but also the heart muscles. In case you or anybody else is facing such a condition, the best possible means to relieve are cold compresses on the affected parts until the skin has become normal. Still better, if you can use fresh chlorophyll of the wheatgrass, you will find that the stricken condition is healed much more rapidly, especially in the case of blisters. Yes, sunshine brings stimulation as anyone can realize who awakes on a rainy, dismal morning and is surprised a little later when the sunbeams break through the clouds. The "lift" that accompanies such a "break through" speeds up the circulation, helps the lymphatic system and actually stimulates the heart. The brain becomes more alert and the burst of energy which surges into the muscles enables the individual to move forward with new strength, augmented by the acute alertness of the mentality.

It is hard to be depressed in the sunshine. It is difficult to throw off the aspirations that arise within one's brain on a bright day. Psychologists have determined that more suicides occur in dark, dismal weather than at any other time. "A walk in the sunshine has weakened the destructive determination of many hopeless human beings to end it all."

The three basic elements which permit life to exist on this planet are: air, water and sun. Without these, only barren wastes would greet the eye. But all must be utilized in a common-sense manner because any of them alone can wipe a human from existence. Of course, with the passage of time, it has been definitely determined how the maximum benefits may be achieved from the utilization of those elements and a few of the suggestions which have come down to us for the most effective use of the sun's rays might be catalogued as follows:

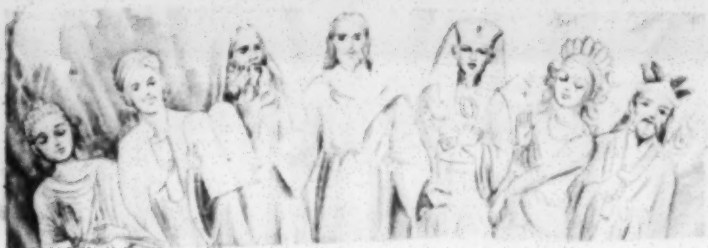
Sitting in the shade on a bright day, breathing in the sun-drenched air, is a splendid tonic for the respiratory system. It seems to cleanse the nostrils and the sinuses and to make the swollen membrane shrink to its normal size. Also the air, sterilized by the rays of the sun, apparently brings to the blood more oxygen and this aids the rebuilding of body cells. The sun-drenched air penetrates the lower lungs and wipes out any disease-forming swamps that may have been building up.

The sunshine, shaded, is a boon to the eyesight. It aids the nourishment of the nerves which control our sight and cleanses the passages from the eyes to the roof of the mouth.

Where there has been a congestion in the chest with the elements that might lead to a severe cold, the exposing of the chest to the sunshine permits the rays to penetrate the skin, the flesh, and reach the lungs where the pockets of inactivity are brought back to life and the entire respiratory system is invigorated.

Yes, in every way, sunshine and normal health seem to go along hand in hand, and when one is missing, the effect upon the other is obvious. So it is well to get some sunshine each day by short walks but such share of the rays of the sun must be regulated by common sense. The length of the walks in the sunshine must be limited by the temperature of the air and the season of the year. Too much sunshine is just as harmful as too little.

It is a pity and a disgrace to this civilization that scientists have not made the use of the sun that is available. Why should we burn coal or oil to keep warm in the wintertime when the heat of the sun can be stored easily and utilized when needed? This method for warmth in the winter would be far more healthful than the present systems. In addition, all motor cars and factories should be utilizing the powers which are God-given and sent to this earth by the rays. This would clear all pollution from the air and thus lengthen healthfully the lives of all human beings and animals. Scientists are now figuring how they can put huge mirror-like bodies into continuous orbit about the earth so that the light of the sun may be utilized during the nighttime and darkness would be a thing of the past. This would increase the food supply as gardens would grow twenty-four hours each day. It seems unfortunate that millions of dollars are to be spent in an effort to place a man on the moon that has no air to sustain human life when this money should be spent in an effort to use the heat of the sun twenty-four hours in each day for the benefit of all humanity. Unless we do SOMETHING, nothing happens. Write your lawmakers about these things--stir them up and things will stir.



Sermon On The Mount Thy Will Be Done



Thy will be done on earth as it is in heaven.

Looking at the modern world, with educated folks snarling at other educated folks, we should not believe that such conditions are God's will. These wranglings are made by human beings with their free wills. As we consider the phrase in the Lord's prayer, "thy will be done on earth as it is in heaven" we know that in time all conflicts will disappear and that God's will shall rule absolutely. But God's will must be actually carried out by human beings. God has given us His ideas, His wishes and His hopes. They constitute His will. But through the centuries, human beings have strayed far from bringing those desires to fruition despite the fact that within each individual is the Spark of God! Yet the prospect ahead is bright--not dismal. Regardless of detractors who pessimistically view all developments, all moves forward, with apprehension, statistics show conclusively that the world is getting better not only for human beings but for animals as well. More and more people everywhere are awakening to the fact that greed for material things does not necessarily bring happiness, and often greed only ends in disaster. Yes, many prodigal children are returning to the home of the Father--contrite, enlightened and anxious to begin all over again. And this awakening will bring to them more than they ever possessed before.

My heart goes out to dedicated people who rant against the bad conditions which face us today and would call God's vengeance down upon the evildoers. Actually, our God knows no vengeance, and when these good folks fill their minds with hate and destructive thoughts, the Almighty cannot work through them to better conditions. Many ignore the truth that anything evil is but temporary--is not lasting--and if they worked with God to eliminate what is wrong instead of striding forth to do the job alone, they would succeed where now they only block their mentalities as an instrument through which the Almighty's "will may be done."

It is not as difficult as one might suppose to live according to the wishes of the Almighty even in this complex civilization that we know today. Always the good person--the individual who seeks to follow in the footsteps of Jesus Christ--has found conditions, at times, almost insurmountable but, in some mysterious manner, when that dedicated person persists in his or her endeavors, the mountains of difficulties seem to slowly but surely melt away. I have found that to happen many times in my existence, and so my faith in such help is strong and sure always. I do not allow doubt to enter my soul. I know that what I am seeking to accomplish is right and that it is just that I call upon Him to support my efforts. And I have never issued such a call that this aid was not forthcoming--often from wholly unexpected quarters. Yes, in many problems, utter strangers have given me the help that I required--utter strangers who, in the final analysis, were human angels sent to me for the purpose of rendering the aid that was required. It is not strange, when these wondrous things have happened to me so many times, that I have fashioned a series of declarations which seem to fit all contingencies that may appear in the future. I hope you will be helped by them as they have helped me on so many occasions.



Nature's Colors

Color has much to do with life because it is life itself. Birds which live on seeds of a certain color, have various colors in their feathers.

In the same color of earth plants of various colors are grown.

The fishes that fill the oceans live on practically the same kinds of food, yet they differ in color as the rainbow, or tropical and desert flowers.

Man can never duplicate the colorings of Nature, though he can closely imitate them. Nature gives a texture with Her colors that no man can ever duplicate.

We know a little about the process of making these colors in Nature's great laboratory.

Every living thing-- vegetable or animal-- is made up of microscopic entities that man knows practically nothing about. We know a few of the laws governing these cells and the entities that made them.

The beginning of all these cell-entities is in the broken-up pulverized rock, that we call "soil". This soil has to be mixed with water and the mysterious visible rays from the solar system called "light" or parts of the same form of radiation called "invisible". "Light" means visible radiation, so "invisible light" is an "impossible" term.

The skin of every plant - the bark of every tree - the hide of every animal - the covering of every bird - the skin of every human-- all these protective coverings are radiant energy filters.

That "something" which I call "cosmi" makes life possible; also causes each cell-entity to form every energy filter differently-- no two alike.

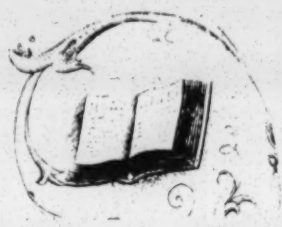
The filtered energy, in combination with the cell-entities change the colors in the flowers, in the plumage and in all forms of life.

From the same mixture of seeds I planted several parcels of soil. I made a different filter to cover each parcel. The colors of the flowers were altered in each individual case.

I believe from my many years of experimenting in the Finer Forces of Nature, that the character of the radiation that reaches the Cosmi of each living thing gives that living thing its ability to reflect light that changes the color mechanism in our eyes so as to give what we call "color"

No two pebbles on the seashore are alike, and no two colors in all Nature are alike, though they may seem to our vision to be alike.

Our interpretation of color is very crude because no two eyes are alike-- hence, no two persons can possibly translate the same color just the same!



Spiritual Inspirations



There is one phenomenon in this world at which I personally have never ceased to wonder. And the phenomenon to which I refer is what happens when a tremendous idea infiltrates a human mind and transforms that individual. Emerson said: "Beware of an idea whose time has come." He was referring to the explosion of an idea in the life of a society; but the same thing applies to the life of an individual. Now, of all the ideas in the world that have explosive power, there are none equal to the ideas given in the Bible. I have seen, over and over again, what can happen to a person who has been quite defeated, into whose consciousness there then comes one of the sayings of Jesus. How it seems to explode and cast out all weakness and the individual is able to rebuild his own shattered hopes upon a firm foundation.

We need to realize that the difficulties inherent in this life are not without value and that every defeating situation has within it a potential of victory. Almighty God buries in the heart of every difficulty a nugget of gold. Sometimes, overwhelmed by the difficulty, a person throws up his hands not knowing that at the very heart of this thing is some great value in life for which he or she seeks.

A problem can either ruin you or make you. It is how you handle it. James Russell Lowell made a remark one time which has fascinated me. He said: "Mishaps are like knives that either serve us or cut us as we grasp them either by the blade or the handle." If you grasp the blade of a difficulty it will cut you. But if you grasp the handle of a difficulty, then with it you can cut your way through all manner of obstructions.

Well, you see on the voyage of life if you had nothing but absolutely smooth sailing conditions you wouldn't attain the objective for which you are destined. So the Lord has put great obstructions into human existence in order that we may grow strong and learn to steer our course and arrive triumphant at the destination He has set for us. These obstructions seem mountainous at times and we feel defeated by them. But a person is lifted above defeat by injecting into the trouble some spiritual idea that will bring to the surface that nugget of gold which turns defeat into victory.

Faith is an acceptance of spiritual truth. Faith is belief in something. Faith is belief in yourself as a child of God. I think everybody, once every day, ought to draw himself or herself up and say: "I am a child of God." You have to stand tall to say that, and when you believe that, then you begin to release powers within your mind, your soul, that can lift you above your defeats. If you just stay at your earthly level, five feet plus a few inches or over six feet tall—whatever you are—then when you LOOK UP at these great big defeating problems, no wonder they actually overwhelm you.

But as a child of God you are much taller than you are of yourself. You have an extension in you and with this extension, by the power of faith, you can overcome any difficulty in this world. The problems of life are infinitesimal in comparison with the extension powers that are in you as a child of God. There are your problems: they seem very big to you. But you yourself are much bigger than you think. I've seen it happen again and again: God comes into a man's or a woman's mind, into the thoughts, and the explosions make the individual rise above all difficulties.



With the Lightbearers



"Dear Dr. Ann:

I would be remiss if I did not let you know how my wife Minnie and myself benefited from our stay at your most comfortable and spacious home, located in the cultural part of Boston.

'It is a paradox that I graduated from two accredited colleges majoring in Health Education and was taught so little in the area of positive health. I acquired more knowledge during my one week stay at your place than during my entire course of study of Hygiene.

"I always prided myself in keeping in good physical condition. Yet, there were physical skills that I could not perform on the various pieces of gymnastic apparatus during the past year. I accepted it as advancing age. Since I have been on this uncooked diet, (85%) I find that a percentage of former strength has returned which has enabled me to perform once again on the high bar (horizontal bar). I am active in the gym and climb stairs all day long. I must give credit to the wheatgrass, soaked wheat and the raw foods and the sprouts of various kinds.

"Min feels better and has a great deal of additional energy. Her daily elimination has improved greatly. We are both looking forward to spending some more time at your place. We are seeking knowledge.

"I spoke to my son-in-law Alden Link, 55 Stevens Street, White Plains, New York. He is interested in putting together the wheatgrass juicer and has ideas to streamline the entire setup. Please mail him the front part via United Parcel Post and I will be personally responsible for it. He is an engineer and may even assemble at a lesser sum.

"Dr. Ann, take care of yourself. The troubled world needs you for many years to come.

"I am looking forward to appearing on the Allan Burke show and telling of my experiences at your home. I know how to conduct myself with such a controversial person.

"I am attending the N. Y. Hygienic Society meeting this Sunday and will bring your topic on the floor.

Regards." M. H. Brooklyn, New York

A very great help would be for you to become a Life Member thus guaranteeing every issue of this publication during your existence on this wondrous earth. The total cost is \$100 and it may be sent in to us split up as most convenient to you and the payments spaced over whatever period you desire. This would give us the "donations" we need in one fell swoop. It will encourage us to work even harder for you and those who need our efforts and, at the same time, will make you feel that you have done your whole part in helping us.

If you truly believe in what we are seeking to accomplish, but cannot see your way clear to take a life membership, will you please have some good friend subscribe? That will aid us mightily.



M. LEONE DRUMHELLER

"God Speaks To Us"



God's record does not reveal the date of the beginning of the unorganized earth. Whether that time was thousands or millions of years ago, is not important. The ac-

complished fact of the Creation is what is important to mankind and this information we do have. Science and the Bible are in agreement on this. Leone M. Drumheller.

Tamar to "remain a widow at thy father's house til Shelah, my son, be grown: for he said, Lest peradventure he die also, as his brethren did. And Tamar went and dwelt in her father's house." (Gen. Chap. 38:11.)

In the process of time, Judah's own wife died. After the days of mourning had ended, Judah went up to Timnath to visit his sheep-shearers. Tamar was told he was coming so she put aside her widow's garments and posed as a harlot. Judah did not recognize her as his daughter-in-law, but turned to her and said, "Go to I pray thee, let me come in unto thee." Thus, the commandment in Lev., Chap. 18:15, was broken. "Thou shalt not uncover the nakedness of thy daughter-in-law: She is thy son's wife; Thou shalt not uncover her nakedness."

About three months later, Judah learned Tamar was with child, and that she was the person who had posed as a harlot. Upon being informed of these things, he replied, "She hath been more righteous than I; because that I gave her not to Shelah my son" (Gen., Chap. 38:26). When she was confined, she gave birth to twins. These are the twins, Zarah and Pharez, that carry the Throne and Kingly Strands. It was through the Pharez lineage the house of David came. The eleventh generation from Judah was David.

During the period of the judges, the Israel people were by no means the model people they should have been. As they came into closer contact with other nations they began to cast longing eyes upon strange religions and their forms of government. Little by little, their loyalty to the Divine King was undermined until eventually they demanded a king and a constitution like those of the nations which lay round about.

SAUL ANNOINTED KING

It was during this period that Samuel anointed Saul king. Saul was a handsome man of the tribe of Benjamin. The fact should be noticed that even though the Sceptre Strand was Judah's, God chose Saul as their first king from the tribe of Benjamin. The reason for this was that Judah had sinned and the life strand had to be purified for ten generations before the lineage could be used for this purpose. Judah married Shuah, a Canaanite, and she bore him three sons. The oldest son, Er, married a girl by the name of Tamar. Shortly after they were married, he died, and she married the second son, Onan, and he died. Neither of these sons had children by Tamar. It must be remembered that the Sceptre or King was to be perpetuated through the House of Judah, so it was customary that if a brother died before he raised children, and he had a single brother, that brother should raise children to preserve the name. Therefore he took to wife the widowed sister-in-law. The two oldest sons having died without children, this meant that their younger brother, Shelah, should marry the widowed Tamar.

EDITH CUSTARD

Physiology -- The Human Body



A PURE BLOODSTREAM flowing through heart and brain, and supplying every tissue, organ and gland with necessary elements, is THE PHYSICAL BASIS OF GOOD HEALTH. THE QUANTITY AND QUALITY OF BLOOD not only affects one's PHYSICAL CONDITION, but greatly influences his FEELINGS, THOUGHTS and ACTIONS; AND ONLY A BODY WITH PURE BLOOD is an adequate Temple for the Soul. Dr. Ann Wigmore, who combines Physical with Spiritual Methods in teaching people how to live, once wrote:

"The spiritual needs and the physical, natural laws which permit the 'Spark of God' to dwell comfortably in that 'temple' are closely interwoven."

"A dedicated soul could exist in a disintegrating 'temple' but how much better would that soul be, how much more could it accomplish, if that same 'temple' were functioning properly as the Almighty designed it to function." - from Why Suffer.

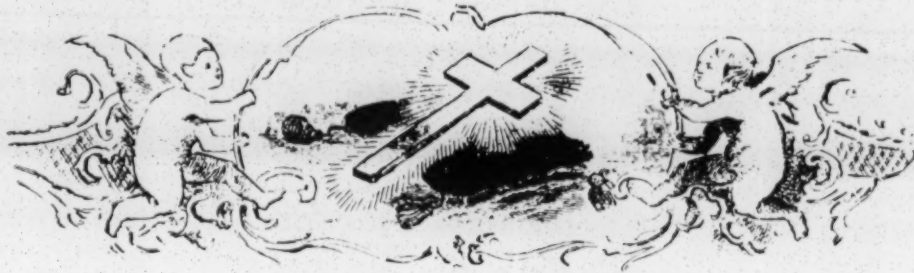
THE IMPORTANCE OF NATURAL HYGIENE. Just as a plant must have good soil, water, air and sunshine, to thrive and bloom, so human beings must be supplied with certain needs if they are to be well and happy. Nutritionists tell us that a normal amount of calcium, phosphorous, magnesium, iron and blood sugar, help to keep one cheerful, and other substances produce a great variety of reactions in body and mind. Certain vitamins and minerals are needed for the glands that regulate the bodily functions; and endocrinologists tell us that not only the harmony and equilibrium of the body, "but also the higher aspects of man's functioning - his morals, emotions, and thoughts, his personality, temperament, and individuality - are to a great degree a matter of endocrines."

The effect of Vitamin B on growth and mental poise, the influence of phosphorus in activating thought, and the need for manganese in producing mother's milk, are but a few of the discoveries which indicate the relation of nutrition and hygiene to human health. When one gets an understanding of his needs, Biological Rules become the Moral Laws of the individual, just as Social Rules are the Moral Laws of society.

"CLEANLINESS IS NEXT TO GODLINESS." When the Body is kept clean inside and out, the Light of the Soul, with its Mind and Intellect, can shine through it radiantly. Edouard Schure describes the regime which Pythagoras required of his pupils; and states that, "to this purification of the Soul necessarily corresponds that of the Body which was obtained by HYGIENE and the strict discipline of HABITS." Discipleship meant Discipline.

The purpose of such discipline, in cultivating wholesome habits, is not to make life difficult; but rather to bring our lives into harmony with its laws, so that their beneficial effects will become automatic. As Dr. Benedict Lust once wrote,

"There is Harmony and Peace in the Air, and you can feel the pulse of MOTHER NATURE. Should we human beings, who are never able to sever the ties that bind us to MOTHER EARTH, not likewise feel our own pulse...give an account if our good and bad habits, organize our lives anew and adjust them to the LAWS OF THE COSMOS?"



The Crosses We Bear

"Dear Dr. Ann: Every year, for the past several years, my sister-in-law comes to visit her brother whom she adores. We never get along. I dread her visit so much that it makes me sick just to think about it. Yet I feel it is my duty to have her come."

B. W.

Houston, Texas

Comment Your trouble seems to be that you think it is your duty to do things. If you would only realize that you are making your husband happy by having his sister come and would consider it a great privilege, your problem would be solved. Whenever you think about the annoyances that your sister-in-law causes you, try to realize that it may be based on jealousy you feel because your sister-in-law makes so much of your husband. Try to place yourself in her position and imagine you are visiting your married brother. How would you feel? Decide once and for all that each of these visits is going to be enjoyable, and your problem is solved.

"Dear Ann: About a year ago, I was a user of LSD and have no one but myself to blame for acquiring the habit. But when I got a good look at myself one day and found out what a mummified human being I had really become, I tossed the habit overboard with little or no trouble--I guess I was really scared--and started on my way back to the status of an ordinary human being. That I have succeeded merely shows that, when you need help and call upon the Almighty, that help will be forthcoming. But my comeback was not without its compensations. I realized that the companions I had acquired did me no credit and, taking a big chance, I left New York and went to Newark, New Jersey to live. Within ten minutes after leaving the bus, I had a job, and that evening I had little difficulty in finding a nice room. Now I am set with books and a good reading lamp. So what more could a body ask? Somehow, my common sense, which my sister claimed was gone, came to the rescue and now even she is friendly again."

Comment Bless you dear heart. I am glad to receive letters showing what determination can do. I am most happy you had your awakening and that you did something about it. This time, fear seemed really to have accomplished something worth-while. Yes, even fear is beneficial when it is properly applied. In other words, as long as that fear stirs up efforts and those efforts are beneficial, use the fear for making you do beneficial things for yourself and then forget the fear and look ahead only with faith.

"Dear Miss Wigmore: I have learned about your method of healing during this last month. I have been trying to figure out how a minister, who has studied spiritual things, can really help me. For the past ten years, I have been going from hospital to hospital, clinic to clinic, and have had two operations. Until now, I never realized how really sick I am. Where do I start from here to improve my health? My pen name is 'Puzzled.'"

Comment I certainly can appreciate your predicament. Of course, the first thing a minister should know is how to help the physical body--then

spiritual matters automatically fall into line when you have a feeling of well-being.

The fortunate thing about a person like you is that you have reached the bottom--utter discouragement. Now the only move you can make is up. The impetus you need now is the realization you can be healthy again. Every day, you must make an effort by thinking health--thinking of things you would like to have come into your life. Once you dismiss negative thoughts, you will receive directions as to what you should do. Automatically, you will be changing your diet to life-giving foods. No matter how bad your condition may seem, you have the power within to heal yourself, but you must do everything you can to utilize this power. Do not blame anything or anyone for your ill health. Just be thankful you have reached a point where you can think of improvement.

"Dear Dr. Ann: I have gone to church all my life once a week, but now I go three times a week, and I can't seem to lose my sadness about my mother's sickness. She has been that way for years. I have prayed and prayed that she might get better, but she seems to be even worse."

Mrs. K. Omaha, Nebraska

Comment Your trouble seems to be that you have prayed with sadness in your heart. We can never reach God with this state of mind. God is not in church but is in you. When you are sad, you merely augment bad conditions and they become worse. God is health, joy, peace of mind, and love. The only way we can reach Him is to think of Him joyfully. Jesus told us many times that we should pray with thanksgiving in our hearts for blessings that were to come. Why did He say to give thanks? It is because we elevate our consciousness by giving thanks and raise our own vibrations. Think of some blessing that you have already received. This will put you in tune with Him, and thus you will be guided as to what you should do for your mother.

This morning, I had a talk with one of our visitors at "The Mansion." She said she had made a study of Religious Science. She prayed with that attitude of thanksgiving and all of a sudden she received the revelation that she should go to Boston for her physical health. Next morning, she arrived and in just ten days she realizes that she is really on her way to a new life.

"Dear Dr. Ann: I live in a large city where I have to work because my husband is not dependable. When I say 'not dependable' I mean that he is an alcoholic. He started with beer but now he drinks only hard liquor. I would really like to know what I can do to help him. I realize it is a disease and yet I feel that his only help will come from me. Please rush answer air mail as I am desperate." P. Q. Los Angeles, California

Comment I am so glad you recognize that your husband is sick. It will make things so much easier for you to help him, coupled with your loving attitude. I have proved over and over again that deficiencies in the body will create cravings. It could be expressed in many forms: Over-eating food, candy, smoking, and in the case of your husband, liquor. I am enclosing our program of uncooked foods. Even if you cannot grow the wheatgrass, you can always raise sprouts. Since you live in a place where you can get weeds the year round, I am also sending you pictures of common weeds so you can identify them. Persuade him to take one meal a day of sprouts with avocado. Also try to have another meal of just fruit. For breakfast, give him the milk from sprouted grain. Have him drink this before his breakfast and soon he will not care for his usual breakfast,



Better Children



Everybody loves a baby, so kind are we all to the little ones and so thoroughly ill-informed as to what constitutes mercifulness to them that, "with all our hearts" we often snuff out their lives in a perfectly legitimate and "regular" way. There is nothing in this world more beautiful and lovely than a healthy, well developed, happy and contented child. Nothing elicits our sympathy and compassion so quickly and so abundantly as a suffering child. The freedom and joyousness of healthy childhood, the purity and loveliness of their minds and hearts, the frankness and candor of their little souls is the admiration of the whole world. Small wonder that Jesus declared that unless one become unto a little child he cannot enter the Kingdom of Heaven.

We can have a nation of healthy, happy and well-developed, lovely children when we become sufficiently interested in them to place their interest first and commercial interest last. Men are normally strong and handsome, women are normally beautiful and graceful. That we are a nation of animated cartoons and caricatures is evidence that there is much that is wrong with the conditions determining or influencing our development.

We can build a nation of super Venuses and Apollos with minds as well developed as their bodies and with splendid morals and lovely characters as soon as we as a nation and as parents develop sufficient interest in the welfare of our children to prompt us to care for them.

One of the greatest curses of child-life is parents and teachers and physicians. The ignorance and stubbornness and all-around cussedness of these deny the child all opportunity to normal physical, mental, moral and social development. These set bad examples before the child, force artificial conditions upon the child, impose their own wills upon it and train it in their own perversions.

The average parent can see no reason why his or her child should not be fed and clothed and cared for as he or she or as all other children are fed and clothed and "cared" for. Like the average teacher, the average parent is bound, hand and foot, to the traditions of the past, the conventions of the present and to his or her own bad personal habits. These are early made into yokes to fasten upon the necks of children. The normal natural unfoldment of child-life is impossible under such conditions.

But added to these we have the vicious practices and still more vicious ignorance of so many of the physicians. Unfortunately, experience has shown that great numbers of these supposedly learned individuals are actually ignorant of certain functions of the body. The insistence by some upon removing of the child's tonsils and adenoids and upon the frequent and repeated inoculation of the child with vaccines and serums and anti-toxins of various kinds and the repeated druggings of the child are lamentable.

Sickness is unnatural for a child. Its little body does not require any sort of artificial "protection" in the shape of vaccines, drugs, etc. Each child should have a good start in life by keeping it primarily on uncooked foods. This will not only prevent sickness but will also give the child an opportunity to develop naturally-- physically, mentally and spiritually.

Overwhelming Govt. Evidence Proves:

The Fish You Eat • IS FILTHY

By ROBERT DOMAY

Widespread filth contaminates the commercial fish industry in the United States — and you, the consumer, must suffer for it. Overwhelming evidence indicates the industry doesn't care, and the government has virtually no powers to force it to clean up.

To reach your dinner plate, most seafood goes from the ocean right into grimy ships where the fish loses half of its freshness due to poor storage facilities by the time the boats reach port. Fresh fish is washed in polluted bay water before sold.

Then the seafood meant for cans, for smoking or for the freezer is processed through filthy plants encrusted with rotting fish flesh and entrails.

Finally, the freezer items are stored under temperatures that are so dangerously high that they fail to prevent the spread of poisonous bacteria.

And this goes for all kinds of fish — fresh, tuna, salmon, prepared fish cakes and other products — because, unlike the meat and poultry industries, fish processors are not legally subject to mandatory inspection by the Federal government.

And, while voluntary inspection — and a government stamp of approval — is available through the U.S. Department of Interior, only 40 of the nation's 500 major fish processors submit to it. In addition, countless small processors and wharf outfits market uninspected fish.

As a result, government surveys have found that:

- Up to 69 percent of fish samples taken from retail chain stores were inedible or so substandard they couldn't be graded, while as little as 7 percent were "Grade A."

- From the coded packing dates on cartons of frozen fish on sale in supermarket chains, inspectors have discovered that some of that fish had been stored in warehouses for up to four years.

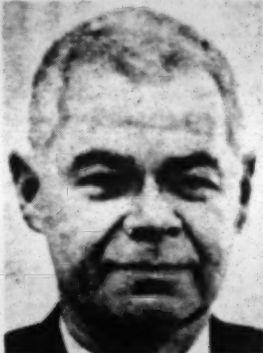
- Other samples, labeled as expensive crab meat, were actually cheap codfish.

- And thousands of cases of fish — including salmon, tuna, halibut and others, containing such poisonous bacteria as coliforms and staphylococci which cause food poisoning — had to be seized by the Food and Drug Administration and destroyed.

Symbolic of the industry's indifferent attitude, the National Fisheries Institute canceled a critical speech by Winton B. Rankin, deputy commissioner of the Food and Drug Administration, at the Institute's annual convention in Denver, Colo., on April 14.

No reason was given, but the cancellation was directly linked to Rankin's text, which blasted the industry about sanitary practices.

Focusing on salmon and smoked fish processors,



OUTSPOKEN CRITIC
FDA's Winton Rankin

... And the Industry Doesn't Give a Damn!

Rankin had written in his prepared address:

"If certain elements of these two industries continue to put out bad products, they are eventually going to convince the American public that all fish — not just canned salmon and smoked fish — is suspect."

The FDA, he said, is currently testing more than 2,000,000 cases of salmon for defects in the can and spoilage. The probe involves "almost the entire salmon production of the northwest," he said.

After 400 salmonella poisoning incidents in New York over a weekend, he said, the FDA found 13 of 15 smoked fish plants to be potentially dangerous. And six of these were judged to be imminently hazardous.

Describing the findings, he said: "The fish were hung on sticks and nails encrusted with rotten fish scales and no attempt was made to clean or sanitize work tables between operations. Residues served to contaminate all batches of fish that passed over the tables."

"No attempt was made to clean the rusty wire dip nets that were used to remove fish from the thawing and brining tanks. In one instance, an employee picked a stick off the floor and used it to mix the brine."

"Fish dropped on the floor were picked up and returned to the table. During the smoking process, fish came into contact with dirty clothes, gloves and hands."

In other instances, Rankin said: "Fish were stored in an open courtyard near open containers of garbage."

Asked about findings that frozen fish up to four years old were found on sale in supermarkets, Rankin said in an interview: "We do not have a requirement under Federal law placing a limit on the time frozen fish may be kept. That's a matter for state law and local ordinance."



WANTS NEW LAW
Senator Philip Hart



FRESH FISH are shown being dumped on barge before delivery to cannery. Government says fish lose half their freshness due to poor storage by the time boat reaches port.

cilities showed that the average refrigeration temperature was 10 degrees — even though frozen fish must be kept at zero or below to prevent spoilage," Crowther said.

Storage facilities are not the most pressing problem, however. In the opinion of U.S. Senator Philip A. Hart, a Michigan Democrat, the first priority in cleaning up the fish industry should be the packing plants.

Last April, Senator Hart introduced a bill in Congress that would make inspections of fish packing and processing plants mandatory.

The bill's chances of passage are still uncertain, but the balance of Congressional sentiment may be swung by mounting evidence of contamination and filth in fish products.

In the last year, hundreds of fish shipments have been seized and destroyed by the FDA.

The language used in most of the complaints against the products is: "It consists wholly or in part of a filthy substance by reason of the presence therein of a high total bacteria count. It has been prepared and packed under insanitary conditions whereby it has become contaminated with filth."

Other charges include: "Fish other than halibut have been substituted for breaded halibut steaks."

"Adulterated — cod substituted for crabmeat."

"Misbranded — each ingredient not declared."

"Contains decomposed shrimp."

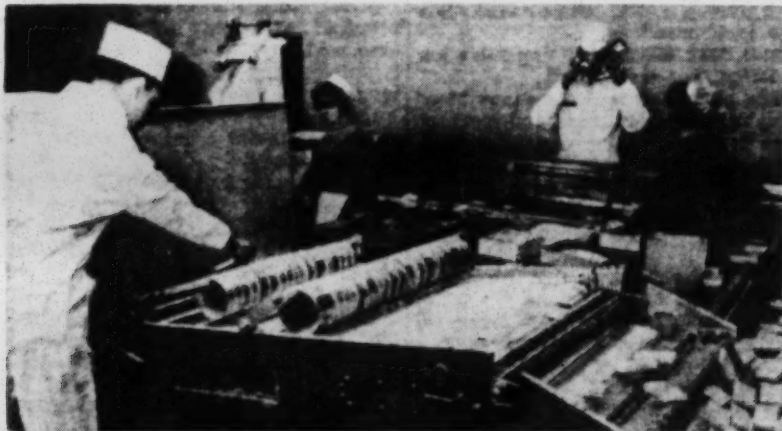
"Filthy substance by presence of insects."

The story of the fish industry in the United States is shocking and dismal. The government, at best, can only act as a policeman. The real need is a sweeping change of attitude in the industry.

But, if past performance is any indication, the fish industry in the United States cannot be expected to clean up its own filth.

That may only come when the public — fed up with the industry's standards — decides it can do without fish on its dinner table.

NATIONAL ENQUIRER



SURVEY: Government bacteriologist checks machinery for cleanliness in fish packing plant as inspector photographs plant's operation.

Up to a few months ago, we served fish, once a week, at "The Mansion" because most folks like a change in their diet. But very soon we found it was almost impossible to obtain fresh clean fish and, as a protective measure, we quit the once a week fish diet. This is a health move any family can make and when you do that, you do not have to worry whether the fish in the market is fresh or not. And you will find, from experience, this is a very wise move to make.

Congress Told Many TV Sets Emit Radiation

WASHINGTON — Congress was told Thursday that many different makes and models of color television sets leak radiation above safe levels set by the government.

James G. Terrill Jr., director of the Public Health Service's National Center for Radiological Health, said measurements of radiation from about 1200 color TV sets showed the problem to be industrywide.

At the same time, Rep. Paul G. Rogers (D-Fla.), released results of a survey by the Pinellas County, Fla., Health Department showing that of 110 color sets tested, 18 — made by eight different manufacturers — leaked radiation in excess of the levels recommended by the government.

The recommended maximum level is five-tenths of a milliroentgen per hour two inches away from the set. A roentgen is a tiny unit of radiation measurable only by sensitive instruments. A milliroentgen is a thousand times weaker.

CONSIDERING LEGISLATION

Both reports were released at a hearing of the House Commerce Committee's subcommittee on health which is considering legislation that would require the public health service to regulate color TV, medical X-ray equipment and other devices that could pose a radiation hazard.

Rogers, acting chairman of the subcommittee and chief sponsor of the legislation, summed up expert testimony on the extent of the possible hazard.

"From the information given us, it would appear that in the majority of cases by far, it is not one of great

danger," he said. "But since we do not have sufficient information as to the extent of the problem or the long range effects of various doses of radiation, we think it is imperative that legislation be passed to assure safety to the public."

SEVERAL MODELS

Terrill said the surgeon general was advising viewers to sit at least six to 10 feet from their sets and to turn the sets off or go elsewhere to avoid exposure when not watching.

The problem first was disclosed last year when excessive radiation was found coming from certain General Electric Co. large screen color sets.

Terrill said data from the PHS survey, which covered "some 27 brands of receivers and many models of varying ages," still were being analyzed.

"Nonetheless, there is one conclusion which I feel to be firmly enough established to state now," he said. "It is that the problem of excessive radiation is not limited to the sets of one manufacturer."

Terrill added that while radiation above the recommended level was found in "a number of models," cases where the excess was great were "very much the exception."

The Pinellas County report found radiation above specified levels coming from sets made by Admiral, General Electric, Philco, RCA, Satchel-Carson, Wards Airline, Westinghouse and Zenith.

Black and white television sets do not pose the same radiation problem because they use lower voltage. In a color set, Terrill said it was possible for a repairman to increase radiation by raising the voltage to improve the picture.

United Press International

We started this campaign against TV radiation over five years ago. It is a pity that it has taken so long for this damaging truth to be brought into the limelight. In the meantime, many, many little children have suffered from the damages these rays can inflict.

I certainly feel very grateful to the folks who not only had faith in my discoveries but who also helped in every way possible to bring this danger to the attentions of the proper authorities. The indications are that other truths for which we have all worked are also coming into the foreground. Our suggestions regarding the dangers of X-raying the teeth are also gaining ground. Already dentists are being instructed by their associations to stop the X ray check-ups.

The other day, I stopped into a prominent dentist's office here in Boston and asked that a certain tooth, which had been bothering me, might be X-rayed. He immediately said that ALL my teeth should be X-rayed periodically. That was enough for me. I left him immediately and sought a dentist who keeps abreast of the times and has heeded the caution sent out by the proper authorities that the miscellaneous X-raying of teeth is dangerous.

Remember, you are the one to make such decisions. If your professional advisor suggests something that is contrary to common sense, it is time a change of such advisors is in order. I had a dentist who broke one of my teeth accidentally. Did I accept his apologies and allow him to gloss the whole affair over when each tooth in your head is worth a thousand dollars to you? I certainly did not. I sought another dentist.

HELP/

(A non-profit corporation organized under the Laws of the District of Columbia, U.S.A.)

NATIONAL HUMANE LEAGUE, INC.

JAMES H. CRUIKSHANK
HONORARY PRESIDENT

ANN WIGMORE, D.D., Executive President 25 Exeter Street, Boston, Mass 02116



Swan

"Most of you folks have heard of me, and the older you are, the further back that tale is in your memory. You see, I am the original Ugly Duckling--the unfortunate creature that emerged from a swan's egg that some prankster had placed in a duck's nest among those she was hatching. You can recall the thrilling episodes of my early life how, as a supposed duck, I was the disgrace of the chicken yard--a sort of black sheep in feathers. Well, you know the rest of that Cinderella story how, when I grew up and got rid of my pin feathers, I was a beautiful swan with a gracefully curving neck, the admiration of the countryside. Oh, I'm not at all stuck up by the acclaim that has been accorded me. You see, I feel I deserve it, and therefore I wear my honors with a dignity not generally found in the slums--which I call the chicken yard.

"But being of the blue-blooded gentry and able to watch the world through rose colored glasses, I see how motly the other denizens of the 'chicken wire fraternity' are. They are raised for the market and folks are more interested in the meat that is concealed by the feathers than in the covering they wear. With me, it is my snow-white plumage that makes me look so distinguished--that gives me the 'air' of gentry that so many of the rock and roll inhabitants of the hen house lack. The reason I put them in the 'rock and roll' category is because, when a plebeian hen sits upon a nest, she is so dumb that she permits the owner of the despicable habitation to place stone eggs under her to encourage her 'sitting qualities' and the 'dumb cluck' doesn't know the difference between them and the real 'hen fruit.'

"Of course, I realize that swans have had placed upon their family tree an unpleasant superstition--a malignant libel that some day we'll take to the Supreme Court of this country to be ironed out once and for all. Swans are supposed to be 'tricky birds'--'feathered gangsters'--who lie in wait for some lonely child to wander down to the water's edge. Then these terrible, malicious birds would suddenly grow curved beaks and claws, grab the child in an unbreakable grip and drown the infant before help could arrive. Oh, I've heard that calumny ever since I was born and every time I think about it, I get high blood pressure and lose some pin feathers.

"Of course, the ducks that fly in for a brief rest in the fall and spring on their long journeys to the far away places, sit for hours nearby and admire our graceful evolutions. These little 'paddle boats', as we characterize them in our private conversations, can never hope to rise to our level in stateliness any more than a partridge can evolve into a peacock. But they do make nice 'fans' and probably tell the feathered folks in those far away places how magnificent we are and how they envy our state-ly decor. I remember, as a tiny babe, I used to resent the stares of these 'paddlers' but Mother scolded me harshly and reminded me of the old familiar adage that 'a cat can look at a king.' And as I grew older, I realized that her words were pregnant with wisdom. So, I grew up with a feeling that I was always under the eyes of the 'common people' and must constantly feel that I was on parade. You cannot retain the dignity of a swan if you have your underskirt showing or there is a run in your silk stocking."



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the Laws of the District of Columbia, U.S.A.)

FOUNDATION OF LITTLE SCHOOLHOUSE FORUMS

A Division of the
RISING SUN CHRISTIANITY

ANN WIGMORE, Executive President
P. O. Box 189, Astor Sta. Boston 23, Mass.

THIS COURSE COVERING THE PHYSICAL AND SPIRITUAL ASPECTS OF HEALING, SPONSORED BY THE RISING SUN CHRISTIANITY, IS ISSUED PERIODICALLY AS A PART OF THE EDUCATIONAL PROGRAM OF THE FOUNDATION OF LITTLE SCHOOLHOUSE FORUMS. IT GIVES TO INTERESTED INDIVIDUALS THE FOUNDATION STONES ON WHICH THEY MAY ASSEMBLE THEIR EDUCATIONAL ATTRIBUTES AND QUALIFY AS HEALING SCIENTISTS. THIS IS ACCOMPLISHED IN TWO WAYS: FIRST, THROUGH THE HELPING OF INDIVIDUALS IN THEIR OWN HOMES AND SECOND, THROUGH THE USE OF THE HOMES OF THE HEALING SCIENTISTS TO RECEIVE THOSE AILING INDIVIDUALS WHO ARE ABLE TO CARE FOR THEIR OWN NEEDS.

Learning the Functions of the Body

Records prove that many babies are born in this country every year who are defective fundamentally. There are so many sick human beings in this land of the free that, despite the millions of beds available in the hospitals, there is not enough room. We have more doctors and hospitals today, proportionately, than ever before. The trouble with medical care seems to be that doctors realize that they cannot cope with all the ills that may be brought to them, and they seek to escape the hazards by specializing in some manner which takes them from the harried ranks of the "general practitioner." The average doctor, depending upon the laboratories for expert knowledge, is often led astray by the unwarranted claims of these laboratories, and disaster follows. The situation was summed up by Alonzo J. Shadman, M. D. who made this telling statement: "Drugs do not cure anything. They may relieve pain but often they do more damage in the weakened human body than any good they were supposed to accomplish."

The average doctor is so interested in knocking out a "disease condition" with drugs that no attention is given to the actual building of health. The average doctor feels that such improvement should come later. We believe that this approach is wrong--that the body should first of all be cleansed so that health may develop. When this is done, the disease condition will disappear. That is the function of the "Healing Scientist" whose first duty is to restore the body to health and then the disease condition will automatically disappear.

The Healing Scientist looks upon the disease as secondary in importance. His or her first job is to restore the body to health by giving to Mother Nature the proper environment and the tools with which she can correct the trouble.

Conditions are such, in this civilized world in which we live, that another and a new approach must be made to combat and eliminate the customary diseases that now are actually regarded as inevitable blights that befall certain unfortunate human beings--blights that they mistakingly believe cannot be avoided. It is for that reason the necessity for "Healing Scientists" makes itself felt--those who wish to aid, who can approach the situation from an entirely different viewpoint and who are not afflicted by the idea of "contagious" diseases and inevitable appearance of the influenza and other "fogs" of ill health that do not exist except in the minds of the "scaremongers."

Over the past several years, we have been developing in easy stages several young men and women who have dedicated their lives to the helping of others. These stalwart youngsters of both sexes have long realized the

futility of present methods for combating illness and know that this country is considered the "sickest civilized nation on earth." Yet the hazardous condition of universal health is growing rapidly worse rather than better despite the fact that we have more doctors, more clinics and more hospitals, proportionately, today than ever before. The young people, eager to do what is possible to correct such conditions, have conceived an entirely new approach, and from what they have already accomplished, will bring a real health enlightenment to this country before long.

The "Healing Scientists" can hold their present positions, whatever they are. They need to come when they are through with their studies. They need to come to us for concentrated work from one to three weeks.

In order to make your existence here on earth a happy and contented one, it is necessary for each one of us to understand how and why the various parts of the body act. The first essential is to understand the movement of the blood through our arteries and veins. This movement constitutes our evidence of life. When it stops, our existence here on earth ends. So the blood is of the first importance. It is necessary that it be good blood, that it be kept as pure as possible, and that nothing should be taken into the body in the way of food or drink that will unnecessarily contaminate it. The blood obtains its nourishment--its food--from what we eat and drink.

Circulation of the blood is the most important function of the interior of the body. The heart is the pump that sends this blood through the arteries to where it reaches and nourishes every cell, and, at the same time, picks up the waste material from the cells and carries it to where it can be thrown out of the body.

I have heard more complaints from folks with swollen ankles than about any other bodily affliction. The reason these ankles enlarge is because the body has not been nourished properly and the body is trying to throw out this waste in the natural way which is through the large pores in the soles of the feet. But often there is so much of this that it is stopped at the ankles and does not get through to the soles of the feet at all. These pores are sixteen times as large as any other pores in the body. It has been found that covering for the feet, stockings, socks, etc. should be entirely without color.

The glands that secrete important liquids in the body are very important. They are responsible for making various hormones and chemicals. These substances are distributed by the blood to various parts of the body.

The Almighty has constructed in the body a delicately balanced mechanism that functions perfectly if the environment is right. Every part is essential and no part should be removed under any circumstance. If a part is diseased, it can be restored naturally because the body is a self-repairing mechanism if but given an opportunity.

Red blood cells are formed in the marrow of the bones. As the young red cells grow and take on adult form in the marrow, the marrow builds up more and more hemoglobin--reddish in color--which contains iron combined with protein. As the blood passes through the lungs, oxygen from the air joins the hemoglobin of the red cells. The red cells carry this oxygen through the arteries and capillaries to all the cells of the body. This whole operation requires life-giving food so that the cells will renew themselves just as fast as they become worn out. The reason folks become old and contract disease is because these cells cannot renew themselves with sufficient speed.

This simple, but effective system of massage was shared with us by Mack Helfman, of Brooklyn, New York, who was our guest at "The Mansion." He purposely eliminates all technical words and brings it down to earth. Mack and his good wife, Min, are two great souls who are helping to promote the worth of wheatgrass. I am sure the Almighty will richly bless them.

ARM MASSAGE

HAND--Hold your client's hand in an oblique position.

YOUR RIGHT HAND on his right hand. Your left hand under his left hand.

EFFLEURAGE. Pressure on palm, no pressure to the tip of the thumb, press down on thumb. EFFLEURAGE UP to the forearm and glide down under the forearm. (3 times)

KNEAD FINGERS from the tip downward and glide up to the next finger and knead down. Continue to each finger. KNEAD THE PALM OF THE HAND. Turn the hand and KNEAD the back of the hand and fingers. BREAKING MOTION with both of your hands on his hand. HEEL KNEADING with both hands and EFFLEURAGE. Pressure on palm, no pressure to the tip of the thumb, press down on thumb. EFFLEURAGE up to the forearm and glide down under the forearm. (3 times) END AS YOU START.

Start 3 EFFLEURAGE to AXILLA -medial side and glide down under the arm.

SWITCH--Hold his right wrist with your right hand. With your left hand EFFLEURAGE up to the DELTOID and turn and press with the heel of the hand to the ANTERIOR POSITION, and glide back POSTERIORLY. (slowly) Again EFFLEURAGE up to the DELTOID and the heel of the hand, POSTERIOR portion of the DELTOID AND GLIDE BACK POSTERIORLY. Again EFFLEURAGE UP TO THE DELTOID and the heel of the hand LATERAL POSITION of the DELTOID AND glide back Posteriorly.

SWITCH HANDS--Hold wrist with the left hand and make one EFFLEURAGE up to the AXILLA with your RIGHT HAND and start KNEADING. Client's right arm under your left arm pit OR client's right arm over the head on the table. (Optional with the convenience of the operator.)

KNEAD upper arm 3 rows and back of the upper arm. Back of upper arm, you do a BUTTERFLY with the help of two fingers of each hand. KNEADING medial side down to the wrist. KNEADING the forearm in two rows. Turn forearm posterior and knead down to the wrist.

One lateral EFFLEURAGE to DELTOID. Start PICK UP -3 rows. One PICK UP medial side down to the wrist.

At wrist ROLL WITH HEELS. (Standing position) (Facing chest) of hand up to DELTOID. Roll muscle around the bone SLOWLY.

Turn right hand and WRING DELTOID and then turn hand back and WRING all the way down to the wrist. (SLOWLY)

Finish with 3 EFFLEURAGE up to the AXILLA.

Continue EFFLEURAGE up to the DELTOID and press with heel of the hand. ANTERIOR POSITION POSTERIOR POSITION LATERAL POSITION

THEN PROCEED TO THE LEFT ARM AND REPEAT THE ENTIRE PROCEDURE.

FOOT ANTERIOR SIDE MASSAGE

KNEADING THE SOLE OF THE FOOT FROM BELOW THE LARGER TOE TO THE little toe and towards the other side. BACK AND FORTH until you reach the heel. TURN facing the patient and KNEAD both sides of the heel. Glide up and hold the foot and move the foot in all directions. PLACE THE HANDS on the sole of the foot just below the toes and press down a few times and the 3rd time double the pressure such as--1&2-3, stretch.

Repeat the LAST SENTENCE 3 TIMES.

Place inside hand under the heel, other hand grabs foot below toes on the DORSAL side with a PULL, STRETCH AND VIBRATE. Without removing the inside hand, turn around and lift his leg from the knee joint to the ankle. OTHER HAND, grab foot below the toes and start CIRCUMDUCTION in both directions. MOVE HAND from below the toes to below the heels. OTHER HAND FROM ankle to knee joint and let leg stretch down, but don't let foot down on the table. Move hand from KNEE JOINT up to the ANKLE. OTHER HAND start circular motion from little toe to the heel. GLIDE UP to just below the great toe and repeat circular motion down to the heel. SLIDE UP and place the hand just below the middle toes and circular motion down to the heel. (CENTER) Glide up and below the little toes and do EFFLEURAGE down to the heel. Count 1 glide up to the great toe and EFFLEURAGE down to the heel and count 1&2&3. Repeat 3 times. Move hand below the toe, center of the foot and EFFLEURAGE down to the heel, 3 times, down.

ANTERIOR PORTION OF THE LEG. EFFLEURAGE THE ENTIRE leg 3 times (reduce pressure at the knees). Glide back at sides. NO PRESSURE. The 3rd time when you come up to the hip joint, you start KNEADING 3 to 5 rows. ON MEDIAL side, KNEAD down to the ankle and place yourself in a position for one EFFLEURAGE up to the hip joint and start PICK UP -same number of rows as in Kneading. Continue on Medial side down to the ankle. Then you ROLL up to the Hip Joint. WRING DOWN to the ankle. FINISH WITH EFFLEURAGE AS YOU STARTED.

MASSAGE CHEST EFFLEURAGE --Pressure on the sides over to the chest until the thumbs meet, still pressure up to the nipples and down to the sheet. NO PRESSURE. Glide down to the last rib. Pressure up to the chest, fingers meet forming a heart or triangle up to the clavicle and pressure down to the sheet. NO PRESSURE and glide down to the last rib. PRESSURE up to the chest, fingers meet up to and over the shoulders with an inward motion, 3 TIMES. Turn your hands under the AXILLA and continue the inward motion downward to the last rib. REPEAT two more times. (set equals 3 movements) 1/2 figure eight, right hand goes under the left hand and glide up to and under the AXILLA on the side opposite of you. PICK UP in 3 rows--one downward, one upward, and the 3rd downward to below the naval and pick up to your side and glide over to the AXILLA and repeat. PICK UP --3 rows. PICK UP center of abdomen to the chest, put your hand opposite you, left hand over the right hand and KNEAD inward around the PECTORALS. Then the whole hand and continue the INWARD MOTION. Switch the right hand over the left hand and repeat the same procedure on YOUR SIDE. HALF BODY WRING down and up on the other side and then repeat on the left side. Next the WHOLE BODY WRING to the XPHOID APPENDIX- Up and Down to the Xyphoid Appendix. Do a few figure 8's at the ABDOMINAL AREA. Start again with 3 sets of EFFLEURAGES. After the third time do a few figure 8's. Then the left hand stops on the opposite side of the abdomen and right hand glides underneath and you VIBRATE down the DESCENDING COLON.

FUNDAMENTALS OF PHYSICAL & SPIRITUAL HEALTH

L. L. CASTETTER, Director, Institute of Human Engineering
3680 E. Fall Ck. Pky., Indianapolis, Indiana 46205

Health is considered a prized possession by most people. It is so valuable that billions of dollars are spent every year to regain it; yet, the money is not spent on health, but on ailments, disease, and disabilities. Money can't buy health. Health is free for observing the rules. Disease results from violation of the rules. There is considerable disagreement concerning the rules, but there is little disagreement concerning the fundamentals of health when they are understood.

Health is a state of harmonious function in spirit and body. The body is the mechanism through which spirit manifests. If there is flaw in the physical mechanism, the spirit is handicapped. If there is a spiritual defect the body is subjected to wrongful use, illness, abuse, or injury. It is necessary to comprehend the fundamentals if one is to understand the basis of spiritual health and physical well-being.

There are four fundamentals of physical health, and four of spiritual health. These fundamentals can be comprehended better when one realizes that the human mechanism is an energy machine that is chemical in composition, mechanical in structure, and spiritual in function. The first fundamental of physical health is right thinking to generate and rightly direct the energy. Misdirected energy is a basic cause of human ailments. The second fundamental is clear and unobstructed passage for the energy from origin, brain cell or nerve center to tissue cell, destination, or functional center. Mechanical interference acts as a short-circuit. The third fundamental is chemical balance for normal conduction or passage of the energy to all tissue cells and functional centers. The fourth fundamental is proper use of the body to avoid abuse or injury. Intemperance and faulty habits often lead to disease and suffering.

The first fundamental of spiritual health is virtue, the will to do good. A wholesome spirit has preference for what is good and best. The second fundamental is knowledge, in order to know what is good and how to do it. One can hardly obey the rules of health unless informed. The third fundamental is temperance or self-control, to stay within the bounds of decency

and moderation. The fourth fundamental is patience or steadfastness, so that one remains loyal and true to purpose and is able to abide the time of fruition and harvest in results.

A body with a physical defect, but wholesome spirit or mind would be preferred to a spiritual or mental defect in a healthy body. There are substitutes for some physical defects, such as glasses and hearing aids, but there are no substitutes for defects of the spirit and mind. There is some form of spiritual flaw when one willingly violates known rules of health.

The greatest source of spiritual health lies in communion with our Creator Source and the desire to do His will. The greatest source of physical health lies in proper nutrition by which to keep the body in chemical balance. Errors in diet are more responsible for physical ailments than any other. In our modern age of processed and refined foods it is next to impossible to have adequate nutrition. It is here that Dr. Ann's work is so important for those seeking health. Supplementary foods obtained from organic sources are another aid to balanced nutrition.

If one is wrong in his thinking and misdirects his energy, efforts, or the life force; and if there is abnormal tension, pressure, or interference to the nerve and blood supply, and if the body is out of chemical balance, and if one is faulty in his habits, then he is sure to find some malfunction, ailment, disease, or disorder. The best remedy is not in drugs, but in proper diet and physical forms of therapy for chemical balance and structural alignment.

A person who is spiritually well, will aspire to rise to higher levels and have virtue as the desire for more of the good in life. By temperance and self-control he stays on the upward path and avoids the burden of faulty habits. With patience and steadfastness he is able to meet the problems of life and abide the time of fruition, the harvest, and reward. This helps him to qualify in words spoken by the Master: "Well done, good and faithful servant."

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Human engineering is a subject that is well worth studying. As the author of the above article points out, it is the difference between success and failure, health and sickness, and right as opposed to wrong. Those individuals who are seeking to become Healing Scientists should certainly be familiar with his conclusions as they serve as a short cut to the goal for which they are striving. Experience has shown that the world is full of useless information, these brambles are on every side, in many newspapers, in useless books and periodicals and in what we hear from day to day in our search for those material things we know we must have to be comfortable. Yet often these useless items hide kernels of real knowledge that we cannot afford to miss. It is hard to toss away the chaff and only retain in our minds the things that are really worth-while. J.D.



DR. NORMAN VINCENT PEALE

Easter Offers You Life

Easter Offers You Life

Recently I was reading a part of a speech by a great nineteenth century orator, Robert Ingersoll, one of the greatest speakers this country ever produced. The religious people of his day looked askance at Ingersoll for he was regarded as a skeptic. But in the perspective of later years, it was evident that his skepticism was very thin. He did attack some orthodox theoretical assumptions and he was out to puncture certain pomposities of his generation.

The speech I was reading the other day was one which Ingersoll delivered in Washington at the funeral of his brother who was very dear to him. He was speaking on a subject that is naturally uppermost in our minds when we celebrate on Easter Day the resurrection of Jesus Christ from death to life. "Life is a narrow vale between the cold and barren peaks of two eternities," he said. "We strive in vain to look beyond the heights. We cry aloud--and the only answer is the echo of our wailing cry. From the voiceless lips of the unreplying dead there comes no word. But in the night of Death, Hope sees a star and listens. Love can hear the rustling of a wing." Thus did one of the great skeptics of the nineteenth century voice his thinking on the immortality of the soul.

Today we gather in the presence of a great mystery. What is the relationship of mortality to immortality? What is the relationship of life in time to life in the timeless? This has engaged the reflective efforts of mankind through all the centuries. When Henry Thoreau, the Sage of Concord, lay dying, a friend of his--Parker Pillsbury, by name--came and sat by his side. The two men had often had philosophical and religious discussions and as Thoreau approached the edge of death, Pillsbury said, "Henry, you are close to the other side. What can you hear? What can you see?"

With the faintest suggestion of a smile, Thoreau replied: "One world at a time, Parker, one world at a time." But although this may have satisfied the philosophical Thoreau, it hardly satisfies most of us. We are willing to take this world as it is but Almighty God has put into man an inquiring mind. We want to know. We want to understand.

Now, thirty or forty years ago, in the heyday of materialistic thinking that was fostered by the rapid development of modern science, it was widely assumed that nothing could be actually true or real unless it could be proved by scientific demonstration. The scientists rather had the ministers on the defensive, challenging them to come up with some kind of proof of immortality.

Later, however, the scientists discovered that, behind the material phenomena which they study, there appears to be something else which is non-material or intangible. Some of the greatest modern scientists frankly recognize that something else as spiritual or the infusion of the spiritual into the materialistic. They acknowledge that it is just as hard to gainsay immortality as to prove it. So today we have a much larger conception of the scheme of things from the standpoint both of science and religion than we ever had before.

In the last analysis, our convictions of things spiritual are not to be predicated upon reason--but upon faith.

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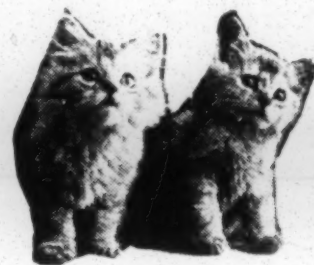
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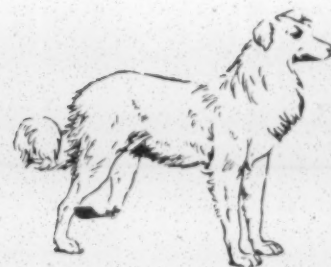
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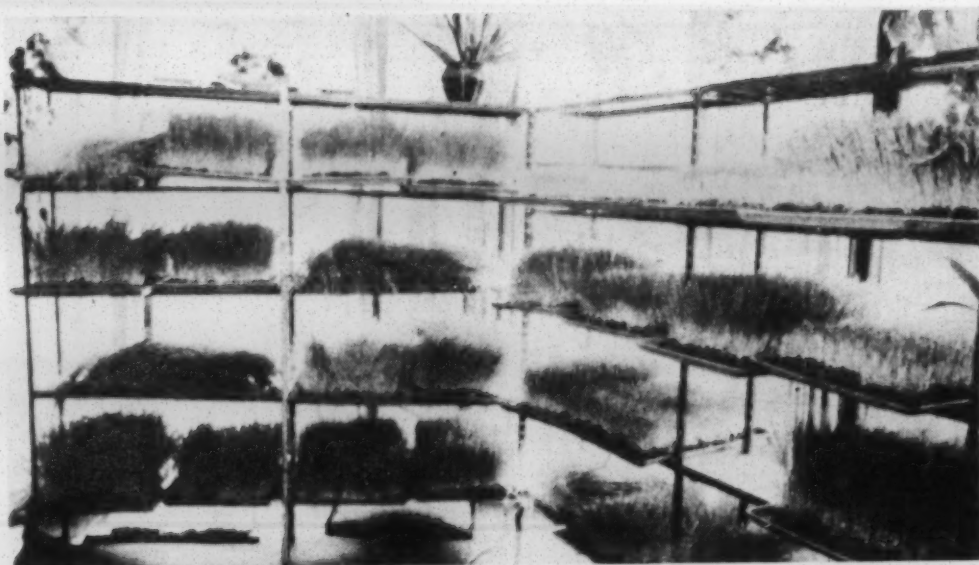
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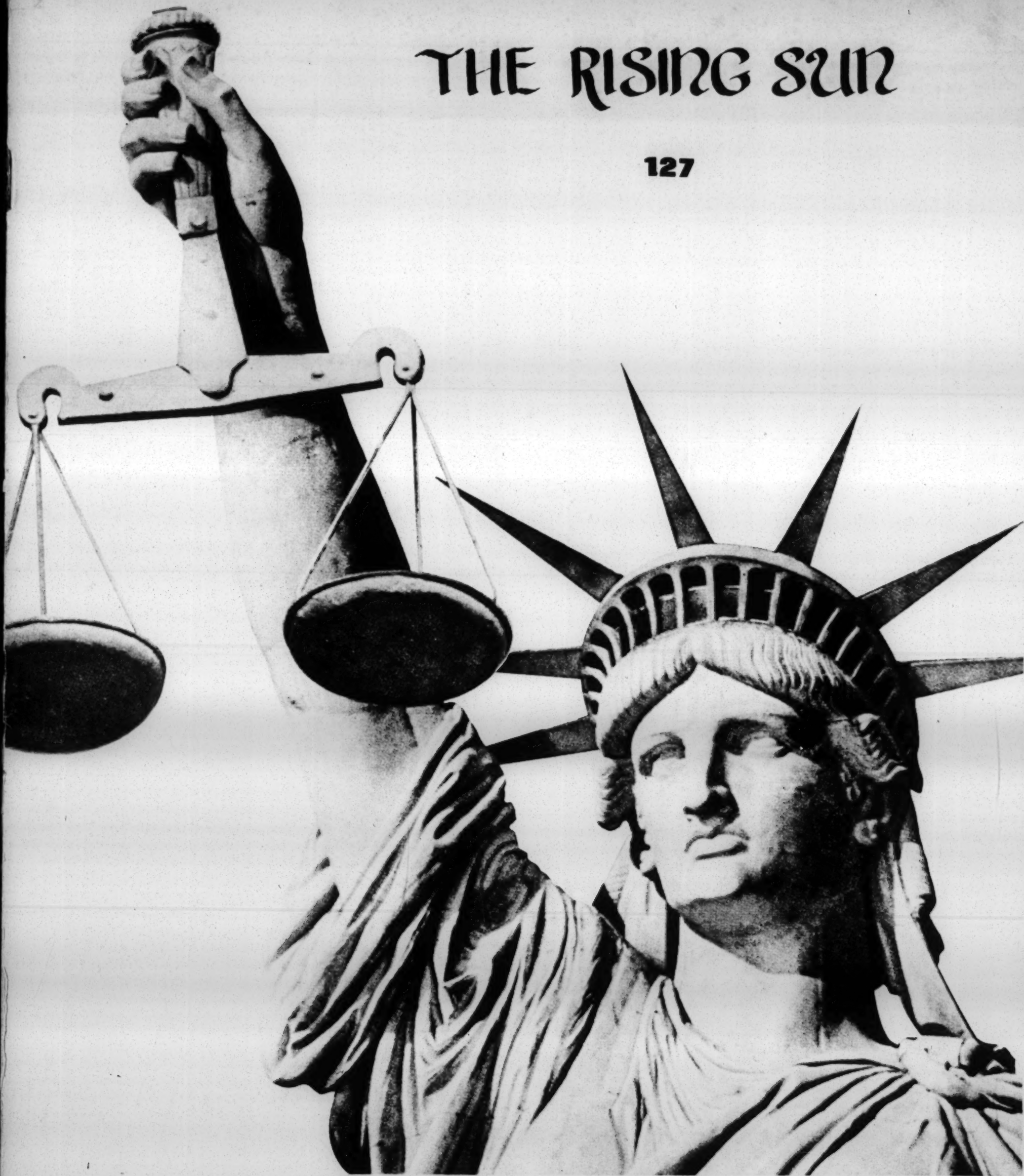


*Outside Gardens
at
"The Homestead"*



THE RISING SUN

127



A HEALTH DIGEST

Published by Ann Wigmore, D.D.

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Ask Guidance of the Almighty: The success of the great human beings of the past depended upon prayer and work. That same formula must be followed today if we are to make the progress we hope for. It will save ourselves, our country and above all it will fulfill God's plan which we must always keep in mind as our guide.

The Way You Can Help: Become a Member of the Hippocrates Health Institute and learn by doing. Take the first step toward becoming your own doctor. Make a real effort to improve the health of yourself and your loved ones. Many have found this method to be the best type of health insurance. There is a choice; you may become an Annual Member or receive a Life Membership. Both Memberships receive copies of the Rising Sun each month. Also additional special issues, periodicals and booklets issued from time to time. This is a marvelous way to keep in touch with the new discoveries relating to health.

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To Prevent Sickness: We all must work together. This cooperation will accomplish what we desire, speedily and with effective thoroughness. We must learn and utilize the simple methods of Mother Nature and prove to the world that her system of health-keeping never fails when understanding, effect and faith are combined.

Requests: See at once that your will does not overlook this opportunity to carry on this part of the Almighty's plan for universal health for all.

Also plan a Memorial Fund in your memory. This will help mightily to perpetuate this idea of health into the distant future.

Money you spend for flowers upon the demise of a friend fade quickly, but if these sums are added to the Memorial Fund, in that friend's name, it will have a vital effect and will actually live for generations doing good.

This organization is ever-active and is carried forward by dedicated human beings. It is recognized as such by the State of Massachusetts which has made it tax exempt.



The Scale Must be Balanced: Combatting the sickness in this country is a tremendous problem. The rapid mounting costs of Medicare, operations and hospital expenses are staggering. Even the usually placid politicians are worried. They know that unless something is done to relieve this domestic pressure, something drastic is bound to happen.

In the midst of this situation, a new health plan has been brought forth which has the Government foot a large portion of the cost of sickness in order to keep the rising costs within reach of the average citizen. How little do the proponents of this change realize the basic troubles that will emerge if such a program were to become law. It will bankrupt the country. Should we mortgage the future of our children for mere visionary relief. We would be chaining them to gigantic taxes which would be absolutely unfair. We must take immediate steps toward the prevention of all illness.

Personally, I have haunted the halls of the lawmakers in the State House and the corridors of City Hall in an effort to interest the powers-that-be in preventive medicine. Many have listened, impressed with the idea. Some have been attracted to my suggestion that "health centers" be established throughout the country to teach folks how to care for themselves. Since the legislators are reluctant to help financially, we must call upon the public to bear this additional expense.

Some drastic type of action is absolutely essential if we are to stem this tide of ill health physically and mentally that is engulfing us. Unless the situation is altered immediately, health will be in danger in every household in this country.

Please read the enclosed letter in this copy of the Rising Sun and write to your mayor, governor, representative and senator concerning this issue. In addition, go to City Hall and your State House and tell the lawmakers how you feel about the present deplorable health conditions.

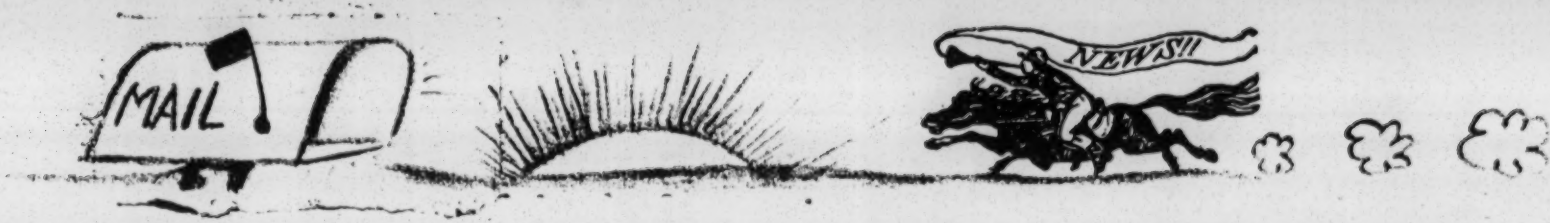
Just the other day I was able to prove the truth of this emphatically when one of our guests returned to Boston for a visit. She had been with us approximately two years before; a sufferer with a very serious asthma problem. For years, every so often, she had been rushed to hospitals for oxygen treatments until her husband, moved so deeply by her suffering, brought her, with tears in his eyes, to the Mansion in the hope that something might be done for her through our rather unique routine.

In this period of three weeks on wheatgrass therapy, the ailment vanished completely, and she was able to return to her usual work and there has been no recurrence of her problem. And that condition has now endured for two years. Her doctor keeps telling her: "You wait until spring comes - your body seems allergic to everything and trouble is sure to make itself known". But so far, the dire predictions have been completely wrong. Of course, she still follows the program and routine we suggested.

The wonderful climax of this story is that when I saw her last, which was last night, she looked fully twenty years younger. There is a new light of hope in her eyes and new vigor in her muscles.

We must balance the scale in all directions. There is no other way to regain normal health of country, home and mind.

Ann Wigmore D.D.



Questions and Answers:

I was always under the impression the vinegar was good for you. Otherwise why would people be buying this product for 100 years? I have seen Jewish people use vinegar and condiments all their life and they are very healthy. Is that unusual, like the old man who smokes at the age of 95? He is one of a thousand, is it the same for vinegar?

About vinegar. Vinegar is an acid liquid. If a person takes too much of it, illness may result. It is not alive. It is not a health-giving food. Of course it has been used for many years to better the taste of dead food.

I want more information on why you don't like vinegar, salt or condiments in salads. Italian people, in my research, say if you take a piece of fat and put some vinegar on same, it will dissolve the fat and the fat will burn up and won't stay in the body. That makes sense to me ... I would like to know more about this.

Vinegar is too acid to be a safe food. The theory that fat in the body will disappear when you take vinegar is without scientific foundation. Salt and other condiments are bad for the body. Mild condiments are much safer.

Is it true when the following is mixed in a blender it makes a wonderful food source: Water, Spinach, Dandelion, Kale?

The combination of the greens you mention are good food but they become more tasty when an avocado is added to the situation. Any kind of greens are great blood cleansers.

Why should iron pots be used instead of aluminum when cooking foods?

Aluminum comes off into the food when heated. Tests have proved that it is dangerous when used for heating acid foods. Some folks claim it brings on ulcers of the stomach.

Why can't you use iron pots with Teflon finish so foods don't stick?

Teflon has been found, in many instances, to be dangerous especially where utensils are overheated. Also cracking of the coating may add to the trouble. The Teflon coating is dangerous when heated too much. Under heat it is likely to crack. When cracking, it sends out gases dangerous to health.

Why are foods cooked in aluminum pots poisonous?

An investigator by the name of Dr. Betts did much research with aluminum and proved it to be dangerous to food when heated.

I assume you suggest people eat skins of potatoes because of the value of the skin, especially with baked potatoes?

Baking potatoes in their skins seems to retain the flavor better than when the potatoes are without skins. It does not seem to be a matter of nutritional values, but rather the flavors.

What do you mean by extra food clogs the intestines which puts the digestive organs to unnecessary work? This brings on constipation, builds fat and causes overweight. This all makes sense, but what cleans out the intestines and keeps them clean? It is wheatgrass or hot water and lemon? Is that the reason they say try to fast once in a while, it is good for the body? Tell me more.

This dead food that is generally eaten causes overweight and constipation. Generally a person eats too much of dead food as it does not adequately take care of the nutritional needs. Generally wheatgrass and chlorophyll and hot water and lemon helps mightily to cleanse the blood stream. Liquids, of any kind, including water, is good for cleansing. Water, taken from the faucet, should be treated with wheatgrass before drinking to counteract the actions of the chemicals in it. The "wheatgrass fast" is good if taken each week. It should last the entire day. It gives the system a rest. I enclose a sheet entitled "The Sabbath Day Wheatgrass Fast".

Why is it good policy to soak seeds of any kind in wheatgrass before planting, or is that just before eating?

It is a good policy to soak the wheat and slightly sprout it. When this sprouted wheat is eaten for breakfast it does not have as much starch as most breakfast foods. Another reason for soaking it when planted it comes up much quicker.

Why is it suggested you put Peat moss on the bottom of any container before earth to plant seeds. It could be because the Peat moss will retain the water put into the pot, is that correct?

The Peat moss is placed in the bottom of the trays because it gives the earth better ventilation especially if the soil is fine texture. Of course, if compost is used plentifully when planting, you do not need the Peat moss. If the Peat moss is put on the soil outside in the garden, it helps to retain the moisture.

Chlorophyll Therapy 7.4 - Organic Buckwheat Honey. I learned all about same and I don't think this product is good for a person who already has Diabetes or is a potential diabetic. I can prove it because the blood cannot carry same.

The chlorophyll of wheatgrass can be used safely with any type of ill health problem. But honey is entirely a different story. Diabetics can use honey in small amounts. As a matter of fact, the natural cane is better. If a person is in doubt, there is no reason for using any of these things.

Wheatgrass when reduced to juice is very sweet and I don't think it should be taken in its raw state unless it is mixed with say a glass of vegetable juice. I don't think it would lose its strength by this.

There is no reason why wheatgrass juice cannot be mixed with other vegetable juices. That should not decrease its values. We use rejuvalac with wheatgrass juice - half and half. Because rejuvalac is on the sour side and that way it seems to balance better.

Regarding the Mansion, do they still own their own farm where they grow organic apples, etc., and other organic foods? Do they also raise golden Delicious Apples?



In Case of Accident: Some things that should be done for an injured person include keeping them warm and comfortable. Don't move them if you suspect a neck or back injury until other people and a stretcher are available and even then there are certain precautions you must take. Never leave them alone, send for help not necessarily a city ambulance). Make sure you have the needed supplies and if not try to improvise. Keep any cuts and bruises as clean as possible. Pack deep cuts with sterile gauze pads. Don't touch or breath on it. And then apply a pressure dressing before transporting.

If a person is cut and an artery is spurting blood then there is a heart beating. If someone is stumbling around and is not pale or cyanotic (bluish) they usually don't need artificial respiration. Thus, it is important to know what to look for when coming to ones aid. Treat serious things first and don't spend vital time treating unnecessary things.

Mouth to Mouth Artificial Respiration: Ventilation of the lungs is most efficently and effectively accomplished by mouth to mouth respirations. This is done so that oxygen is still brought in contact with and transported by the blood to vital internal organs like the brain and kidneys. Without oxygen cells in these organs are injured and can die.

Perform the following steps quickly and calmly until the person starts to breathe by himself or help oxygen comes. Usually if there is no response after 1 hour of artificial respiration the person is dead and you can stop. Remember to periodically stop ventilating the person and see if they will breathe on their own.

1. Place casualty on his back where you find him and immediately begin respirations (breathing). Don't waste any time.
2. Clear the mouth and throat of any food mucus, broken teeth or other obstructions.
3. Tilt the head back as far as possible. Extend the neck and pull the lower jaw down by putting a finger in the person's mouth and pulling down and forward. This opens up the air passage-way to the lungs. Don't hold the tongue unless it blocks the airway.
4. Compress the nostrils with your other hand so that there will be no air leakage.
5. Open your mouth, wide, take a deep breath, place your mouth tightly over the mouth of the non-breathing person and blow forcefully into his mouth until you can see their chest expand. If you have a stethoscope listen for air rushing into the lungs.
6. After the chest expands it will start to collapse and expel the air you have just blown in. Remove your mouth, take another deep breath and let the air come out.
7. Repeat 5 and 6 - 15-20 times per minute which is the normal number of respirations/min.
8. Always make sure that you have a right air seal and that the person is getting full benefit from the air you exhale into him.
9. Sometimes air may get into the stomach and distend it. When this happens place you hand above the umbilicus (bellybutton) and gently press down.
10. For babies and small children use small puffs of air. Don't blow forcefully. Make sure the air passageway is open at all times. If your therapy is effective the person should begin to get some color back if they were pale or blue before.

Practice on someone you like and let them practice on you. Also, read a book that has pictures in it showing mouth to mouth artificial respiration. A good one is the Navy Corpsman Manual "First Aid and Emergency Procedures."

WHEATGRASS IMPLANTS--The Why of Chlorophyll Implants--The implants of Wheatgrass chlorophyll constitute the greatest blood cleanser and builder in existence. It can actually save human life when taking nourishment orally is impossible. Another very important fact is that the colon is cleansed at the same time. Scientists agree that most health problems begin in the colon. Generally, meat eaters develop worms. These blood destroyers stay in the colon during the entire life time of the victim. They sap energy and are the cause of fever, constipation and a host of other health problems.

Directions--A good enema bag is required, not the combination hot water bag and enema. You need an eighteen inch catheter (to replace the usual rectum tube. You also need the glass connecting link that generally comes with the catheter. If you are at the Mansion, just ask Hazel Richards, for one. She has them for one dollar fifty cents each.

When you take your enema with warm water, be sure to treat the water with wheatgrass to counteract possible chemicals. You may insert the catheter completely into your rectum. The best position for this is to lie flat on the floor on your left side. If you have any trouble absorbing all the water, be sure to breath deeply through your mouth. Massaging the abdomen while the water is in there is also good. Move your hand in a circular motion. The ascending colon is on the right, this spot should be massaged upward in your circular movement. Wait about 1/2 hour after enema before taking implant.

Another method for moving the debris from the colon, is to lie flat on your back, put your leg in the air and ride an imaginary bicycle upside down.

Some people like to take enemas on the floor, resting on their knees and chest. Others will use the usual slant board.

Each person must learn the best method for taking enemas. We are all individuals and no set method is applicable to all for best results.

Colonic irrigations are also in order if the person prefers them.

The chlorophyll implant is handled the same way as an ordinary enema although the chlorophyll must be retained in the body for twenty or more minutes so that the benefits may be obtained. You may start with half a cup and increase it to a cup by easy stages.

Should you decide to have two implants a day, be sure you take them about two hours apart while the colon is still clean for the second one.

Should you have trouble holding the chlorophyll in your body lie on your back and brace your feet against the wall or some object such as a bed, wash bowl, etc. Be sure you press the rectum with tissue paper firmly. If there is any gas there, allow it to escape.

Above all, never dread doing this important health function because such dread makes you tense and interferes with the whole process. Breathe deeply through your mouth. This helps you to relax. It is best to take your implant in the evening if you are active.

While you are having your implant, give spot therapy to your feet. It helps to loosen up other toxic spots in the body. At the same time you may massage your face and scalp.

These steps will not only make you feel and look younger but will also prevent sickness. Above all, never give up. Keep trying and trying to prove that practice makes perfect.

Once you go on a wheatgrass regime--the chlorophyll will bring the toxins into the blood stream causing feeling of nausea. Do not become alarmed.

NEWS FROM THE RISING SUN: Dr. Ann and Victor appeared on ABC network television on March 25 with Dr. Frederick Steare, Director of the Harvard Nutrition Department to discuss the vegetarian and live, organic food movement. Very little agreement was reached. Dr. Steare suggested that we could maintain good health if we occasionally incorporated an egg or a hot dog in the menu. He also felt concerned enough to state that we were all anemic, although we have good color and plenty of vitality. I bet the establishment feels that all vegetarians are lacking in health.

We will keep you informed of our travels so that we would be able to meet one another. If you can be helpful in arranging lectures in your area for us we will be most grateful as we all must work together to make necessary changes in the world.

Victor has just finished a seminar at Clark University on the importance of Hippocrates Health Institute in the vegetarian movement. There were not many converts, but it proved to be an intellectual exercise in matching wits.

Dr. Ann is leaving for workshops, seminars, lectures and television appearances in Pittsburg, Penn. from April 10 to 13. The following weekend she will be lecturing in New Orleans. Victor's schedule of seminars is as follows:

April 10	Communes Conference, Voluntown, Connecticut.
May 21-22	Live Foods, Poule Ayers, 1039 31st, N.W., Washington, D.C.
May 8	All day seminar on sprouting, indoor gardening, food preparation, wheatgrass therapy, food philosophy. School of Living, Heathcote Center, Freeland, Maryland.
August 9-14	Survival Seminar and workshop in the most beautiful setting. Last year over 50 people attended. This is a good place to become informed - it is high up in the Catskill mountains on a beautiful lake. There is no pollution and it is only a 2 hour drive from New York City. Write for a complete schedule. Awasting Retreat, Lake Minnewaska, New York.
August 9-14	Spiritual Festival, Utah. Details will appear later.
August 28	Dr. Ann will be as the Wisconsin Chapter of NFA. Write to Dr. P. Whyte, 317 Wangoo, Oshkosh, Wisconsin 54901.

Dr. Ann and the Institute want to emphasize the great need of more Health Homes. Over 60% of Americans are chronically ill. All can be helped through spiritual disciplines and live food diets. You can learn how to do it in only three weeks. We have just helped to set up four such homes in the last few months. The young people are willing to help without pay until income is sufficient to cover costs.

We have four important books that we would like to share with you. They should be very helpful in obtaining food economically, and learning more about the spiritual nature of man and the physiological workings of the body.

Organic Food Shopping and Organic Living: by the Editorial Staff of Rodale Press. \$1.00. All you need to know in order to shop organically. Addresses for organic food sources and fertilizer for all of USA and Canada.

The Essene Gospel of Peace: (Eleventh Edition) \$1.00. The ancient Aramic manuscripts reveals Jesus' teachings concerning the natural healing forces of sun, air, food, water, and fasting. Trowls light on the value and terminology of the Early Christians and the Essene brotherhood and communities of the first and second century before Christ.



GOOD HEALTH DEPARTMENT

THE MOUNT ZION REPORTE

Nature's way is the only sure way for health and long life. The Heavenly Father who made us and fashioned us after — "His own likeness," knows best. He did not make any blunder in creating a perfect body, and so arranged that the earth would be populated by people strictly after their own kind, with perfect bodies. This was not all, but He created trees, herbs, vegetables and fruit to bring forth proper food that would cause children to grow into men and women with strong healthy bodies that would last for three score and ten (70) years, and if by reason of strength four score (80), and promised even longer life to His children who trusted in Him, obeyed Him, seeking His WISDOM from above to properly eat and live.

There are many different automobile manufacturers, each one putting out a durable car, and with much skill and competition they try to outdo the other in its lasting qualities. I well remember when they put out a guarantee that their car would run ten thousand miles without turning a screw. As time went on this milage was greatly increased with guarantees many times above the ten thousand miles. Any firm that would put out an inferior, short lived car could soon go bankrupt. The Almighty has put out the very best.

There is no flaw in the mechanism of our bodies. If we do not properly care for our car, let it run short on engine oil, never have it greased, or oiled, use junky oil, or even throw a little sand in the crank case, how long will the car give us service? It is just the same with our own mechanism, the machinery of our own bodies. If we take a dose of strychnine, the machinery will stop at once. Death and decay is the immediate result. When taking some other kind of poison, it would require a week or a month to destroy us, while still other poison will produce a lingering sickness of a few years.

There are also many kinds of very tempting foods, like the tree in the midst of the garden, that brings untimely death. It is a gradual poi-

son that may take twelve years but the results are just as sure as the dose of strychnine. These foods are all very tasty and enticing, being concentrated, causing surfeiting and overeating. The house of feasting is the end of ALL.

All kinds of vegetables just as they come from the earth will properly rebuild our bodies.

Every movement we make requires power to make it. If we raise our arm a few hundred little life cells are destroyed, which have to be rebuilt. A hard day's work destroys millions of these tiny cells the waste of which passes off through proper organs purposely arranged for that by the Creator. All of these cells have to be built up and restored. This is done by the food we eat, and they are made perfect again as we sleep through the night.

We are living in an age of gluttony, a time of "surfeiting," "eating and drinking." Luke 21: 34, Luke 17: 26, 27, 28. Drug stores, and ten cent stores are loaded down with enticing displays of foods, and counters lined with men and women eating and drinking.

Most everywhere you see candy bars, chocolate, dainty cookies, soft drinks, and anything to entice people to eat. It is an age of temptation when millions are filling untimely graves, hospitals, many asylums overflowing, and all because man, and, not the Creator has blundered. Man in his natural weakness cannot cope with the situation, and unless he seeks earnestly for WISDOM from on high, and more and more of the Holy Spirit to give him power and victory, he will fail His Creator, fill an untimely grave, and miss the goal of the soon coming kingdom.

It is of the greatest importance that torn down cells of our bodies are built up again with proper food which is natural food, and that we are guided by wisdom, and not by "TASTE." Any animal or fowl shut up and fed with all the common food it will eat, then entice it with a feed of grain, all it will eat, and it will die in a few months.



HOW TO PROTECT SOIL FERTILITY--Diminishing soil fertility is now a major problem facing civilization. The following suggestions were given by Bruno H. Schubert at a conference held by the Vegetarian Society in Los Angeles in October, 1962.

1. Forest areas must be increased, and a reforestation program must be pushed. Forests with underbrush, grass, herbs, berry shrubs, and fern are capable of holding vast amounts of water.

2. Grazing of animals for meat must be abandoned, for it requires too much acreage.

3. The raising of animals for human foods, also the production of milk, eggs, and grain for human food must be replaced by growing natural food (fruit and nuts), which are more nutritious and less costly.

4. The burning of all organic matter like grass cuttings, leaves, tree cuttings, vegetable and fruit waste must be prohibited. All those must be returned to the soil.

5. All used wood and paper boxes and other wood waste must be chipped and returned to the soil with all other organic matter.

6. Large farms are the most mismanaged, for they grow the wrong food, rob the soil of its fertility, leave the soil exposed to destructive winds, harvest unripe fruit, etc. They should be divided into small farms producing mostly fruit, nuts, and vegetables.

7. Tree shelter belts must be erected by the state.

8. Only about two per cent of the present arable land is needed to feed the whole population. Another two per cent of the land is needed for growing material for clothing and for mining. All remaining land is a reserve that should be planted with grass, herbs, and fruit-bearing shrubbery. Some of the grass should be cut and sold to farmers as mulch to build up the lost topsoil of the country. It takes nature under the most favorable conditions at least 100 years to create an inch of topsoil, but the time can be shortened by wise management, which means mulching with organic matter and covering the bare hills with trees, shrubs, and grass. A mulched soil will be free from disease, noxious weeds, and harmful insects, making spraying unnecessary.

9. To counter the water shortage hundreds of dams costing billions are being constructed. If the whole land is mulched, all the rain water will soak slowly into the ground. Mulched soil absorbs water like a sponge. No floods will then occur, no matter how heavy the rainfall. An increase in the number of trees and other plants over the whole country will influence the climate and divide rainfall more evenly. Heavy mulching will raise the water table and solve the water problem. Anyone can then drill for water at any point.

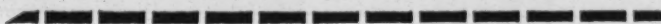
CAUSE AND EFFECT--Mother Nature's Way is not a "cure-all" system. Basically it is a philosophy of living aimed at bringing the whole organism into harmony with the Universal Source of Life. It seeks to discover and remove any factors which are obstructing the power of the human body-mind to restore and maintain the normal state of well-being which is called health.

In both these approaches the emphasis is upon wholeness and elimination--wholeness in nutrition and in the recognition of the complete integration of Man as body-mind-spirit, elimination as the means by which the restorative and self-normalizing power of the whole organism is released. Essentially, therefore, a degree of faith is required in order to allow the innate intelligence to operate on all planes of living.

The claim of true freedom--from diseases, suffering and unhappiness--is a process of elimination rather than acquisition, and until we realize this we shall continue to suffer frustration, sickness and world disharmony in our attempts to treat symptoms, effects or apparent causes. Since the body is the instrument used by Man to manifest on this earth it is obvious that its preservation in a clean, healthy and whole condition is a vital factor if one is to discover the real joy of living, as distinct from the tolerated existence which is the end-product of civilization.

Health and disease are not matter of chance; they are the ultimate effects of the operation of the law of cause and effect. What we sow, we must inevitably reap.

Hence, it is vitally important that we should become aware of our habits of living and thinking; we should learn and practice the principles of healthful living. Thus, we commence the process of elimination which alone can release the qualities of the Infinite that are latent within us all.



Dr. Bouchon observed:

SALT

"Salt is one of the worst of social poisons. Because of its use, surgeons are constantly operating for appendicitis, gastric ulcers, and liver and kidney calculus. It atrophies, dries up or hardens the tissues, and causes persons with tendencies to arthritism to become stout, and those of lymphatic temperaments to become thin." - Nouvelle Review.

Dr. Hal Bieler stated:

"Haig showed that in animals, such as dogs, and in fowls, such as chickens, where a good deal of nitrogen is eliminated as uric acid as the result of feeding salt, even in very small quantities, the creatures soon die. Autopsy showed the liver and kidneys studded with uric acid concretions.

"Our forefathers used a salt solution as an embalming fluid. The ancient Egyptians used oils, spices and salt in their mummy wrappings. Today we mummify the living with salad dressings made of mineral oils, spices and salt. You see these mummies walking the streets. The dry skin, shrunken bodies and faded hair bespeak the hardened livers and sclerotic kidneys. It is hardly necessary to embalm such bodies after they are dead, for they are already pickled to the gills.

"The action of salt on hogs, rabbits, etc., is to paralyze the muscles of the hind quarters and the animal sinks to the ground. Later the muscles of the lungs are incapable and the victim dies of asphyxia. If this is the result of the consumption of salt by animals, it is reasonable to support that salt has a similar affect on man." - Philosophy of health.

Dr. A. Birchard said:

"Man is the only animal that deliberately commits suicide by self poisoning. He is the only animal that spoils his food before he eats it. The average individual suffers constantly from chronic poisoning of some kind, due to the food he eats, either in wrong combination or in excessive kind, due to the food he eats, either in wrong combination or in excessive amounts, or by adding to it injurious substances to stimulate a jaded appetite.



A non-profit corporation organized under the Laws of the District of Columbia, U.S.A.)

NATIONAL HUMANE LEAGUE, INC.

YOU CAN HAVE HEALTH WITHOUT CRUELTY

Man and the Animals - "A man is ethical only when life, as such is sacred to him, that of plants and animals as that of his fellow-men and when he devotes himself helpfully to all life that is in need of help. Only the universal ethic of the feeling of responsibility in an ever-widening sphere for all that lives - only that ethic can be founded in thought. The ethic of the relation of man to man is not something apart by itself; it is only a particular relation which results from the universal one.

In prehistoric times primitive man lived by hunting. But these hunters hunted only for food and clothing, not like modern man for sport. The animals which they pursued also had qualities which were enviable to man. So the hunters began to worship birds for their flight, bulls and lions for their strength, rams for their fertility, gazelles for their speed, cats for their wisdom, jackals as connected with the mystery of death and so on.

The natives of the New World, the so-called Red Indians, were still hunters. But it is typical that they had no pleasure in killing, they only hunted and trapped for the sheer necessities of their primitive way of life in the wilds of the American woods and steppes. For they believed that animals like humans have their divinely-given spirits, as it is expressed in the following prayer to a dead deer: "I am sorry I had to kill thee, little brother. But I had need of thy meat. My children were hungry and crying for food. Forgive me, little brother. I will do honour to thy courage, thy strength and thy beauty. See I will hand thine horns on this tree. I will decorate them with red streamers. Each time I pass, I will remember thee and do honour to thy spirit. I am sorry I had to kill thee. Forgive me, little brother. See I smoke to thy memory. I burn tobacco."

With the increase of human intelligence, man became more than a match for the animals. If the religion was to survive, the gods could not be inferior to man, and it became necessary to elaborate on the original primitive formula. The answer lay in compromise - the priests united man and beast, and it came to a marriage of human intellect to animal virtues. The form this usually took was a human figure with the head of an animal (e.g., the jackal-headed Anubis, Hathor with a cow's head, Horus with the falcon mask), or an animal body with a human head (e.g., the sphinxes).

Pharaoh Akhnaton of Egypt (1375-1358 B.C.), the great pacifist idealist who tried to reform the religion of his country but in his high and noble efforts was defeated by the vested interests of the joint forces of established priesthood and the military, was the first to open sanctuaries for wild life. As the Divine was to him the One Great Cosmic Power (Aton), so he also believed in the great unity of all living beings, and he felt that by saving wild animals from the pain and agony of being hunted, he would prevent his fellow-men from brutalising themselves and from marring their spiritual selves.

This reverence for life was taught by all the Great Teachers. Jesus Krishna, and Gotama the Buddha of India, Gilgamesh of Ancient Persia, and Orpheus of the Greek Mystery cults were pictured as Good Shepherds. In Hinduism we have in the Bhagavad Gita the words: "Wise people see the same Divine Breath (Atman) in the Absolute (Brahman), in worms, insects, in the outcasts, in the dog, in the elephant, in beasts, in cattle, in gadflies and gnats."

In the scriptures of the Jains we read: "A man should treat all living beings as he himself would be treated." - "All beings hate pain, therefore one must not kill them. Let no one injure any life, but be as anxious in cherishing the life of another living being as your own. All beings hate pain, therefore do not kill or hurt any living being in any way, neither by thought, nor by word, nor by deed."

SUGAR AND YOUR DIET

Do you have a "sweet tooth"? The sugar industry wants you to believe you do. If they are successful perhaps the 100 pounds or more of sugar per person sold in the United States each year will amount to an even higher figure.

Recently there came to the desk of this writer a copy of "Sugar Slant", a publication of Sugar Information, Inc. The purpose is obviously to stimulate the use of still more sugar. The method of presentation is ingenious. The entire publication is an analysis of a survey of 2,002 persons purporting to represent a scientific sampling of the United States population.

It is interesting, to be sure, to know what people think of the use of sugar, but it is hardly meaningful. Paraphrasing a former columnist, Albert Edward Wiggam, M.D. "What people generally believe is certain to be wrong."

Dr. Wiggam may have been a bit cynical in his viewpoint, but popular opinion can hardly be depended upon to be scientific. However many people believe that what a majority think must be right, so it is likely that the publication will have the desired effect.

Among the more interesting results of the survey are the following: 74% of those questioned believe that sugar is the best source of quick energy; 78% say that children should have sugar as an energy source; 60% (formerly 62%) believe that sugar causes the teeth to decay more than other foods; 31% (down from more than 50%) think that the use of sugar can lead to diabetes; 54% consider sugar not more fattening than other foods; 70% say that a well balanced diet should include sugar.

It is seen that not all of the consensus is erroneous. In regard to the final point, sugar of some sort would normally be a part of a well balanced diet. But there are differences in sugars, and what is true of sugars most suited for human consumption is not at all true of some others.

The human system utilizes sugar for energy. The bulk of calories used in performing work are from the carbohydrate portion of our diets. Even the starches are converted into sugar in the process of digestion. Since sugar is readily soluble its digestion and absorption are more rapid than that of most foods, and it is correct to say that sugar is the best source of quick energy.

The sugar found in the blood stream is in a form known as glucose, which is the most readily diffusible of all sugars. The proper blood sugar level is maintained by the conversion of excess glucose into glycogen, which is stored in liver and muscle cells. The conversion is accomplished through the action of the hormone, insulin, which is secreted by the Isles of Langerhans, glands embedded in the folds of the pancreas. Glycogen, which is not diffusible, constitutes the store of potential energy which the body draws on as needed in the performance of work and to provide heat and energy for the body process.

The only natural glucose is that found in the blood stream. However chemists have learned to make a synthetic glucose (also known as dextrose) by hydrolyzation of corn starch, an inexpensive process. Its cheapness has led to its use in most commercial sweet goods, as candies, soft drinks, canned fruits, jams and jellies. But glucose is the least sweet of all sugars, and since most people choose food primarily on account of taste its low sweetness factor leads to its use in large quantities.

The large amounts of synthetic glucose which most people take into their systems in commercial foods and the rapidity with which it is absorbed into the blood stream can place a tremendous strain on the insulin-producing glands. When these glands become too badly damaged by overwork to supply enough insulin the condition known as diabetes exists. Then, as is commonly known, for life to continue insulin must be supplied to the system in an unnatural manner.

The late distinguished scientist, Dr. Royal Lee, founder of the Lee Foundation for Nutritional Research, has stated that in experiments with animal glucose is the only sugar found to cause diabetes. It may be assumed that it is a cause also of diabetes in human beings. Ten years ago there were one million known diabetics in this country, with a rate of increase of 65,000 annually. Surveys show 2% of individuals examined to be diabetic, which indicated a total of 3,300,000 at that time.

It has been determined that glucose is absorbed into the blood stream at the rate of four ounces in fifteen minutes, which is sufficient to deliver a considerable shock to the insulin-producing glands. Since four ounces of synthetic glucose are equal in sweetness to only one ounce of cane sugar it is easy for a person in satisfying his "sweet tooth" to jeopardize his health by overdoing his sugar intake.

The natural sugars, fructose or levulose, are absorbed into the blood stream at a much slower rate and place no strain on the system. Four ounces of levulose, the chief sugar of honey, require approximately four hours for absorption. Further, four ounces of levulose have the sweetening power, of seven ounces of cane sugar, which explains why one's taste for sweets is satisfied by a small amount of honey. It is highly unlikely that one would ingest enough sugar from honey or from fresh fruit sources to endanger his health.

Cane and beet sugar, which are identical chemically, are the most common sugars offered in the food markets. Some sugar advertisements have featured Hawaiian children with beautiful teeth chewing sugar cane. The misleading part of the picture is that while unprocessed sugar cane is an excellent source of healthful sweets the product advertised is not. The refined cane and beet sugar of commerce retains little or none of the nutrient values which render sugar useful as a food substance. Certain of the B vitamins are necessary for the cells of the body to use sugar. The commercial product is virtually devoid of all substances except the pure carbohydrate. Hence, its use creates an abnormal need for certain vitamins. Also the anti-stiffness vitamin, known as the Wulzen factor, is lost, a nutrient whose only other common sources are black strap molasses and unpasteurized milk.

Refined sweets have been blamed for a great part of the dental decay in areas where the so-called "diet of civilization" is prevalent, and properly so. In countries where foods are eaten with little or no processing rampant tooth decay is unknown. The role of refined sugars in dental caries has been known for many years. In 1942 Science magazine explained the reason why natural sweets protect the teeth while processed sugars are ruinous to them. The explanation is that all growing plants contain Vitamin K which, among other things, prevents the breakdown of hexose phosphate in the mouth and in so doing gives the bacteria which would cause decay no free sugar on which to live. When in processing the Vitamin K is eliminated there is no such protection.

The use of refined sugar has recently become suspect as a factor in heart disease. There is probably good reason for this suspicion. When such destruction is wrought upon nutritional materials as is done in the preparation of white sugar there is nothing remaining to afford either maintenance or protection.

So although sugars have an important place in nutrition it is wise in satisfying your "sweet tooth" to use caution. In home cooking and for table use it is important to use sugar which is less refined than that offered by most food markets. Health food stores usually stock the coarser, darker "raw" sugar which has not lost its essential elements and has not been subjected to bleaching.

We must avoid products which contain synthetic glucose. Fruits packed in syrup, most commercial candies, soft drinks, corn syrups, jams, jellies do not belong in anyone's diet. Only natural unsweetened fruit juices should be used. Remember also that commercial ice cream, and sherbet

as well as cakes, cookies and other commercial baked goods are made with refined sugar unless otherwise stated on the package.

Honey, molasses and genuine maple syrup or sugar are the most wholesome sweeteners. Honey which has not been heated or strained, particularly comb honey, affords excellent nutrition. Even when used in cooking it is far superior to any refined sweet. And when you buy maple syrup make certain that it does not contain artificial flavoring.

If you feel a greater obligation to your health than to the profits of the processors of commercial foods you will refuse to buy products which contain harmful types of sweeteners, including the synthetic sweeteners. They are made from non-food materials and may be as harmful as other processed sweets. The organs and tissues of your body cannot serve you adequately unless you maintain them properly. It pays to be discriminating. Read labels carefully. Indiscriminate buying of food can shorten your life.

Lee Hardy

How Farmers Are Poisoning Your Meat

by MIKE GREER

In the next few months, thousands of pregnant women could give birth to deformed or mentally retarded children just because they have eaten birds or animals suffering from mercury poisoning.

Where do the animals get the poison? According to the U.S. Department of Agriculture and the Canadian Wildlife Federation, it comes from birds and animals eating mercury-treated seed.

The situation is so serious that the U.S. authorities have notified pesticide manufacturers that federal registrations are suspended for products containing cyano-methylmercuriguanidine and labeled for use as seed treatments.

The government charges that instructions on the labels of such products have failed to prevent their misuse as livestock feed.

In Canada, the province of Alberta outlawed pheasant hunting when it was discovered that the birds were loaded with the deadly chemical.

Research experts in the province discovered that pheasants could absorb the product without showing any outward effects. In reality, they contained enough of the poison so that if their flesh were eaten by humans, it could cause death, insanity or the malformation of an unborn child if the consumer were female.

Action in the U.S. was taken following the hospitalization of three New Mexico children who had eaten meat from a hog which had been fed seed grain with the now suspended mercury compound.

Doctors fear for the health of an unborn child which the mother is carrying. The father escaped ill effects because he was away from home when the meat was eaten.

Three parts of the chemical in one million can seriously cause brain damage.

The World Health Organization claims .09 parts in a million can cause brain damage and the amount being used in the pesticide in question is 280 times this figure.

In Sweden less than 0.5 parts per million are permitted in seed treatment.

Dr. Olaf Frederickson, who did a great deal of research on cyano-methylmercuriguanidine products for the Swedish government, found it affects the chromosomes.

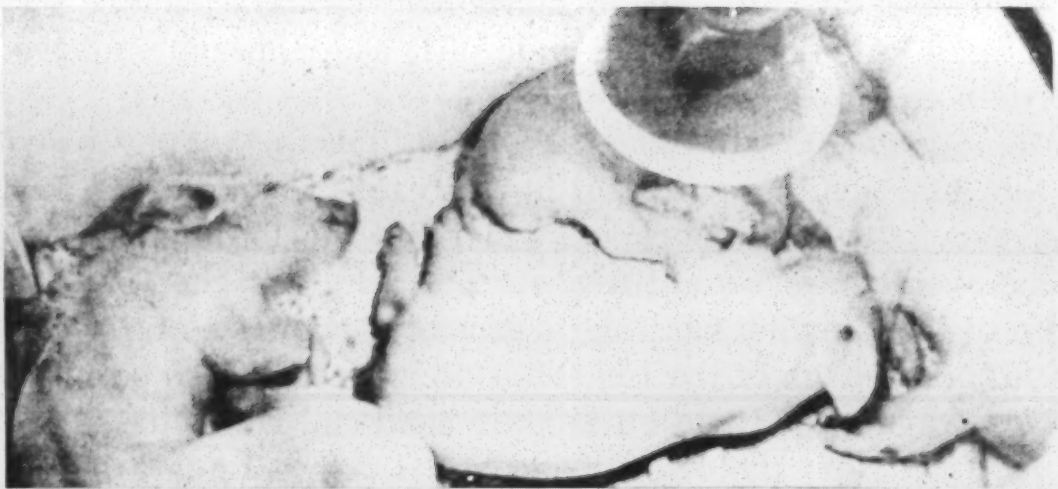
"Like DDT it builds up in the human body," he said, "but it is much more dangerous."

A spokesman for the U.S. Dept. of Health and Welfare admitted further sales of the pesticide could be stopped but said, "The problem is how to deal with seeds which have already been treated and are in farmers' seed bins mixed with others — barley, bean, corn, cotton, flax, oat, peanut, pea, rice, rye, sunflower, sorghum, soybean, sugar beet and wheat seeds."

Conservationists and wildlife experts point out that in a short time the migratory birds will be flying north and thousands of poisoned birds will be brought down by hunters' guns.



DR. FREDERICKSON has done a great deal of research on mercury



THESE PIGLETS look like good eating but not if they've been fed on mercury-treated seed

"These birds will be eaten by thousands of families," one authority said. "Perhaps the family will not eat enough to become obviously ill but should the woman of the house become pregnant there is a great possibility the child she is carrying will be malformed or retarded mentally."

According to medical experts the mercury poison is passed on to the child from the female and if there is not enough of it in her system to immediately injure the unborn child, it can still get into the child's bloodstream.

This means the child will start life carrying mercury poison and should it, in the ensuing years, eat anything containing this poison the amount could build up to dangerous, if not fatal, proportions.

Deer, moose and other animals can be affected by the poison, although, as the wildlife experts point out, the moose, because of his feeding habits, is not nearly as likely as the deer to come in contact with the treated seeds.

The mercury treatment is used to kill fungi.

Some idea of how much of the poisoned meat is being consumed without the public becoming aware of it can be learned from a report from Portland, Oregon.

In that city, federal inspectors found seven contaminated carcasses in one shipment of beef.

They admitted they were lucky to find them.

They took action when they were tipped off by a farm laborer that cows from the farm had been fed mercury-treated grain before being shipped to a slaughterhouse.

"We found these seven carcasses but the same thing could be happening all over the country and we wouldn't know about it", an inspector said.

"We are alarmed," one prominent researcher said. "We only hope this is not going to be the story of that idiom all over again."



COW CARCASSES, too, have been contaminated by the deadly chemical used to kill seed fungi

Survival
begins with your
hands.



MASSAGE

The Green Revolution

In a massage session the room should be as quiet as possible. There shouldn't be any conversing between the two people. Standing on the right side of the person place your right index finger just below the person's collar bone, near his throat, right in the center of his/her body. Very slowly with a moderate amount of pressure steadily move your finger down the middle of the person - down the chest, over the abdomen, lighten up the pressure a little when going over the navel and increase it again when on the other side of it and continue on down until an inch into the pubic hair and then lift your finger straight up.

Now start on the arms. It is important when moving arms (or legs) that you hold on with a firm grasp. Grasp the person's wrist and lift up the arm, swing it a little bit and lift it straight up until the shoulder is being lifted off the table, and then put the arm down. Start with the hands and work up to the shoulders. Take a strong grasp of a finger and pull it straight out as hard as you can. Do this to each of the fingers. Fingers can also be individually bent back and pushed forwards. Now warm up a little oil in your hand and rub onto the front and back of the person's hand. Grasp one finger in each of your hands and with your thumb go up the front of the finger and with the side of your index finger go down the back of his/her finger all in small circular motions. This technique is called milking. Do it to each of the fingers for at least 30 seconds. Use your finger tips to rub between the knuckles and the fleshy part of your palm to rub the rest of the back of the hand. Turn the hand over and holding it with a firm grasp use your thumbs to rub hard the fleshy parts of the hand at the bottom of the thumb and underneath the little finger. Put the hand down, palm up. You are now ready to work on the area between the wrist and the elbow.

The technique about to be described and also be used on the lower and upper legs and upper arms, it is called thumb rolling. Apply oil on the lower arm and then place your thumbs on the person's wrists, pointing towards the elbow, your fingers on the sides of the arms. Your left thumb moves up in a rounded motion from right of the center of the arm. The right thumb moves in a rounded motion from left of the center of the arm to the edge. Then both thumbs move back, a little higher up the arm and repeat the motion outwards. Your thumbs symmetrically climb up the arm. When you get to the elbow go back to the wrist and do it again.

Do thumb rolling on either side of the lower leg bone. Then use your fingers on one side and thumbs on the other side to massage up the leg, from ankle to knee, as you did wrist to elbow. The calf muscles should be worked on for a longer time, fingers together, hands moving in circular motions. Then oil up the upper leg. Use the same techniques that you used for the lower legs and arms.

Toes are like fingers. You can pull them, bend them and milk them. Turn your fingers in between toes. Oil the rest of the foot. Like hands and arms, you do only one side at a time. Use your thumbs to rub hard the arch area. Spending ten minutes on a foot is not too long a time. Rub the heel and ankle.

TABLE SALT: Common table salt is a compound of sodium and chloride, a mineral in inorganic form that cannot be used by the animal body. It enters the body as salt and leaves it as salt.

Salt is a deadly irritant to all the tissues of the body. Put some salt in your eye and feel the distressing effect.

Salt in food irritates the membrane of the stomach, and for protection, mucus is excreted by the cells. The salt passes to the bowels, the membrane of which pours out more mucus for protection, in time a catarrhal condition results.

Any substance that irritates the body cells, causes the mucus membrane to excrete mucus for protection, and creates a catarrhal condition in time, no matter whether it be salt, polluted air, vinegar, spices or any other irritating substance.

Salt irritates the cells and they call for water to allay the irritation. This creates abnormal thirst and results in a water-logged body.

As the salt irritates the cells year after year, the cells and tissues harden, the blood vessels harden, the blood pressure rises, with its train of troubles.

Some of the salt is filtered from the blood by the kidneys, and in time the irritation of the salt creates a condition in the kidneys termed Bright's disease.

Haig proved that salt impedes the elimination of uric acid, which thus paves the way for gout, sciatica, rheumatism, lumbago -- all symptoms arising from the use of salt and treated as "diseases".

As you get older the flavor of food changes because the use of salt, spices and condiments has dulled the delicate taste buds of the tongue and weakened your sense of taste. Salt eaters say unsalted food tastes "flat". It depends on what one is used to.

No carnivorous animal in its native state used salt, except as an acquired habit. Animals form bad habits as man does.

The North American Indians used no salt when discovered by the Europeans. Chinese in the interior of their country use no salt. Most of the human race that subsists chiefly on vegetable food uses no salt.

Dr. J. E. Cummins wrote:

"I knew of a case of a little girl who had a craving for salt. She would take a teaspoonful of it at a time when not watched. She was a pinched-face little thing and had hardening of the arteries, was wrinkled and appeared old at the age of four years."

Commenting on how salt dehydrates animal flesh, Professor Liebig said:

"Fresh flesh, over which salt is strewn, is found swimming in brine after 24 hours, yet not a drop of water has been added. The water has been yielded by the flesh itself."

Please turn to page 9

NUMBERS:

KEYS TO THE DOORS OF LIFE

Interpreted by Dorothy Low - Part 2

Previously discussed was the vibration of the date of birth, which shows the LIFE PATH or DESTINY of a person during a particular incarnation, selected as necessary experience required for further spiritual development. This vibration cannot be changed - the requirement merely becoming a lighter burden as we progress along our Path.

Our EXPRESSION vibration, the total force of the complete given name at birth, shows abilities which are ours to use so that we may most easily work out the requirement of our Destinies. While the digit of the given name at birth is the dominant influence as to our ability for expression, many modifications are found along the Path. Changes in a person's name take place during his lifetime: a pet name may be used during childhood, to be replaced later by a more impersonal nickname; need for rapidity in signing papers and letters in the business world may suggest that the use of initials would be preferable to the usual signature; professional use of a name may necessitate a more euphonious or more easily spoken name; a woman will change her name through marriage, etc. It is an interesting exercise to work through the various names that have been the identification of a person during his life-time to find what change of personality as well as of ability for varied expressions coincided with the change of name.

No one plans to work a garden without first buying the best possible seeds and obtaining proper tools; nor does one decide to build a satisfactory house without having a definite plan to follow and acquiring adequate tools and materials. In the building of our spiritual edifice, and the planting of its surrounding gardens, we have before us a perfect plan - the personification of The Christ; our seeds are the spiritual sparks we carry within us, and we can avail ourselves of helpful tools, such as understanding of the vibrations existent for our use during the different periods of our lives.

In the science of vibration as applied through Numerology (the name I use for my interpretive work is VIBRANALYSIS) there are various segments of a person's chart to be considered. While the majority of systems use the total digit of the birth-date as the Life Path, or Destiny, later studying the three numbers behind the final digit, the name is handled with more variety. You can work with the basic cyclic force, the usual 9 numbers, plus the two master-vibrations, the 11 and 22; you can move into the more esoteric understanding of numbers, combining this science with the zodiacal correlation of vibrations in the cycle of the 12; you can go further into spiritual realms through consideration of the Tarot and the Kaballah (or Qaballa) with its cycle of the 22, which corresponds to the 22 letters of the Hebrew alphabet. We shall remain, for the time being, with the basic structure of the cycle of the 9, with the inclusion of the two master-vibrations, as previously given, where the final digit of the name is considered as the total of your capabilities, indicative of that which you can most easily express. The total value of the vowels is the innate knowledge of your subconsciousness as to its potential, based upon soul-experience during previous lives, while the digit of the consonants gives the idea of yourself which you would like to see made manifest, and also constitutes the present vehicle for your soul on the material plane.

The chart for determining the value of each letter of the alphabet is well-known but we reproduce it here to complete our presentation:

1 2 3 4 5 6 7 8 9

a b c d e f g h i
j k l m n o p q r
s t u v w x y z

Be sure to write out the complete given name at birth, or baptismal name, giving each letter its proper value, later working with just vowels and then just consonants.

Just as in the DESTINY chart we took notice of the 11 and the 22 and did not reduce to a final digit of 2 or 4, here we mark the "k" 11 and the "v" as 22 - they will be added into the total value of each name, but we will remember that these Master vibrations appeared in the name. As we obtained a digit for month, day and year in the DESTINY chart, so that the units could be interpreted later, so in the name we obtain a digit for each of the given names at birth, then find the final digit by adding the units. Should the addition of the names give us the 11 or the 22, we leave this as the final number for the EXPRESSION force.

It should be possible for you to work out an adequate EXPRESSION interpretation of the numbers from those given heretofore, but we will list the Expression possibilities in brief, so that you may learn more easily to interpret each number in the particular place in the Interpretation where you may find it.

- 1 - You can express original ideas, can create; you are the leader, the director or manager, capable of initiating plans, although you may neglect the completion of these; you would be successful as the head of almost any business. Newspaper or other publishing affiliation would be a successful expression.
- 2 - You would be a good statistician, a successful diplomat. You are capable of accomplishment through your desire to be co-operative and should be expressing rhythm through music, dancing or poetry in order to achieve complete happiness.
- 3 - You can be successful in any contact with people where graciousness is important; you would be most successful in the use of WORDS - writing, lecturing or teaching; there could be a "call" to be a welfare worker, clergyman or missionary.
- 4 - You have a good brain and could be an authority on any technical subject; you would be successful as economist, statistician, accountant, scientist, skilled craftsman.
- 5 - You are versatility plus and would enjoy civic work, the entertainment world; you would be successful as writer or editor; you must have freedom to travel and would probably be miserable if shut up in an office.
- 6 - You would be successful as a dealer in food, clothing or home necessities, as a welfare worker, physician or trained nurse. Always concern yourself with the needs of others, particularly the very young or the aged members of our society.
- 7 - You have fine discrimination and good judgement, useful to the lawyer or judge. You are scientific and analytical in your approach to life, being successful in research projects. You have the inherent qualities of the priest or the philosopher.
- 8 - You are the executive and should always deal with large interests or diplomatic policies. It is essential that you be at the head of any business or project with which you are associated - financial power is your best expression.
- 9 - You are a natural artist and should court success as actor, painter or musician. Inspiration, kindness and human understanding are available for your use, which means you would be successful as teacher, healer, reformer or civic leader.
- 11- You can be a great inspiration and example and would be successful in any of the mental or creative professions, particularly when allowing your Light to shine for the benefit of others.
- 22- There is no limit to what you can accomplish - you are the Material Master. You should concern yourself with public charities, international commerce, or any world affairs where your power can be a blessing to humanity.

Check your EXPRESSION vibration - that which you can most easily express - with your DESTINY force, trying to choose as a vocation the Destiny recommendation that you will be best equipped to handle. If nothing appears as a successful combination of these two vibrations, change to the use of two names with an initial, or the removal entirely of the middle name, until you find the signature, or name, which would be the best influence for achieving success in your Destiny vibration. You can even add a middle name if none appeared in the given name at birth - this is one place in the chart where you can modify or intensify existing vibrations through intelligent changes.

Health Insurance The donation you make covering you stay at the Mission, can be deducted From the income tax return. Because we are tax exempt we can contribute a great deal to your health insurance.....When you learn about health in detail, it will enable you to avoid suffering, hardship, time wasted and agonizing fear.

SPiritUAL INSPIRATIONS

SECOND COMING OF THE CHRIST--One of the greatest of all mysteries that has confronted mankind throughout the ages is the fate of man and the universe. It has been very truly said that the great mass of mankind has no consciousness, no realization or knowledge as to where they came from, why they are here, or where they are going, either as an individual personality or as the race of man.

One of the reasons that man has so little knowledge of either his beginning or why he is here or where he is going is because he is limited in his concept to the relationship of the world around him. He sees only with his material eyes, he realizes only through the medium of his material senses, therefore, his knowledge is bound by the material world in which he lives.

Scientifically speaking, there is no such thing as an end to anything; there is only change but everything reintegrates in some form or other. That is the law of conservation of energy. Everything which has ever existed in the material world still exists in some form or other; there is no loss, only change.

In my talk about the end of the world and the creation of a new world, I want to give you a brief resume of the ancient teaching concerning the path of mankind. According to the ancient wisdom teaching there have been and will be, seven great ages of mankind; that is, seven cycles or ages on, and in which, man will rise to a great spiritual and material attainment, will fall and rise again many times. During the course of those ages man will learn the lessons of life. According to the ancient wisdom there have been give preceding ages or cycles. We are at the present moment in the closing part of the sixth age or cycle.

In the Book of the Secret of Enoch, one of the greatest of all works of ancient literature, because it shows absolute knowledge of astronomy and the destiny of mankind, we find this statement; that the Lord created all things in six days and on the seventh day rested. Then there is an eighth day or age in which there is no time or counting of time, a changeless, timeless era or aeon in which there is no creation, no consciousness of self, of any living creature. That work also says that there would be five and a half days and those five and a half days ending would mark the coming of the teacher who would give the wisdom of the ages. By some it is considered that the coming of Jesus was the age of the ending of the five and a half days. However, we are today at the closing part of the sixth age or cycle. There is one more day or age of existence or creation in the material world.

We know that in our orthodox churches a great deal is said about the end of the world. We are even told that the world would be destroyed by water in a great flood. That great flood took place. Now all evidence, archaeological and otherwise points to the fact that there was once a great flood but they place it at more than 50,000 years ago. We find this in the Chaldean records and the records of geology.

We are told that the last destruction of the world will come through fire. Why? Is it not very strange that there is so much stress laid on fire? In the Christian Bible we are told for instance, if a person lives a sinful life they will go to hell and in another place it says that death and hell shall be cast into a lake of fire and brimstone. Is it not curious that if the condition known as hell is a place of fire, that adding one fire to another would cause that fire to be destroyed, so I think you have to look a little deeper to find the meaning of the destruction of the world and the end of the world. The old masters always wrote in symbols. Those who had been

instructed in the mysteries understood, the great mass of people merely had the outer word and no knowledge of the spirit which was behind the actual speaking of certain phrases or words.

This very curious statement is found in the Christian Bible: "Heaven and earth will pass away, but my word will not pass away." In the statement found in the Book of Enoch, "And Heaven and earth shall pass away and a new heaven and a new earth be formed". We find two very curious statements which can only be understood in the light of the Kabbala.

We are told that during those first six ages, man will be lost from the light. That does not mean that every man will be, because there are certain men that will always find the light and follow it, but we are speaking of the great mass of souls. The ancient wisdom says, that those six days are days of struggle but in the seventh day man will come into his true and ultimate destiny. That is, that the great mass of mankind will become spiritual instead of material, that gradually, the passions, the emotions, the hatred and anger that have bound him in chains of darkness will vanish and he will be immersed in a golden age in which the Divine Spiritual can truly rest. Then man, as a conscious manifestation of the Divine Spirit or Consciousness, will be able to carry out in perfection and harmony the works and plans of the Divine. That age is almost at hand. According to the ancient prophets, May, 2nd, 1956 marked the end of this present age. That does not mean that there will come an absolute emergence into the Age of Light, but bonds will be loosened from man and he will be able to emerge into his true nature.

Unquestionably, we are, at this moment, passing through Armageddon. For the first time in the history of this world, war is being fought on every continent, and according to the ancient prophecies the Armageddon will be fought all over the earth. The word, 'Armageddon' means twilight of the Gods, the time that will come before the old night, the old darkness, will pass away and the dawn of a new day will emerge. According to the ancient wisdom this age of Light which will begin in 1956, will be a period of 2,000 years in which man will rise to the very zenith of all material development and the Utopian world will actually be gained. Some people say this is impossible. You may not be familiar with Utopia. That is the old belief in an idealistic state in which every person is working in harmony for the betterment of the whole. That is impossible in our present day because man does not have the consciousness of it within himself and it is only as the whip of necessity unfurls that man will begin to see the necessity and emerge from darkness into light. At the end of that time, the Age of Light will be existent all over the world. When I say Age of Light, I mean the material age of absolute and perfect brotherhood in this world where there will be no races and no nations but only united mankind that is working for absolute and perfect harmony and for bringing forth of the higher and perfect qualities that exist in mankind beneath the barrier of negation that he has around his soul. We are told by the ancient wisdom that when that time comes the world will be filled with light and there will then appear the second coming of Christ. By the end of that period of 2,000 years after 1956, all men in the world will have actually entered into the Christ-state of consciousness, because the second coming of Christ is not the second coming of Jesus. We mistake the meaning of the word. So many times we say Jesus Christ when it was Jesus, the Christ, who had the Divine Illumined spirit within himself. The second coming of the illumined spirit in man comes individuall, but in the end all men will regain the lost godhead that they once had.

In the ancient wisdom we are told that that second coming of Christ to mankind will come first individually, then collectively, until by the end of the Seventh Age there will only be a very few in the universe that will not have reached the Christ state of consciousness. We are told that when this perfect age or cycle ends, that all the things which have bound man will be loosened and the great angels and powers and forces will manifest on earth to guide and direct man into that state in which he will gain his own lost Christ Consciousness.

the great mass of mankind will change. Man will become what many call a superman, immune to disease and age and even to death, if he so wills it. When that time comes he will begin to manifest as a perfect spiritual creature and when that process of change takes place then the perfect and most pure body spiritual will come into being. By the end of 2,000 years, all, with the exception of a few throughout the universe will have changed, and, literally, the Christ Kingdom will have been established on earth, because man will have regained his Christ-state of consciousness.

When that time comes, not only will man begin to be spiritualized, but also the very earth upon which he dwells, because remember this, that the physical earth upon which he dwells partakes of the quality of consciousness of man. It is imbued with the vibration of his consciousness and is of earth, earthy. All planets throughout the Cosmos and the actual earth upon which man dwells will begin to be spiritualized and man will no longer have to eat food to draw sustenance and energy into his body. He will begin to draw sustenance from the ether itself and will begin to live upon the Divine Essence which is distilled within his own body. That is the true manna, the Divine Energy drawn into manifestation and transmuted within his own body. Then the process of creation will have been accomplished; negation and inharmony will have been done away with and the perfect cumulation of the Divine plane will have been brought about. When the earth reaches a certain balance, instantly, this planet and all material planets in the universe having met the effects of the cause which brought them into being, will have accomplished their work and the Divine Will will withdraw the matrix which binds them together. Then the illumined spirit of man will pass into the Divine Spirit from which it emerged, retaining still the consciousness of itself but absolutely blended in perfect harmony with the Divine Consciousness.

When this happens there will be a few souls that will not have attained, because of the turning of their own souls away from the light. They are what are called rebel souls. We are told that when the universe dissolves that the Divine Will separates those souls from itself, and that they will no longer have contact with the Divine Source of their being, and will be set aside in a separate space, and when that happens all of the Divine Light that has become conscious of itself will pass into a new and greater universe. In that new Cosmos the Divine Will begins to create a new universe, one based on the experiences which have been attained in the old universe.

Do you remember the saying, "That which is below is like unto that which is above"? This is from Hermes Trismagestis and is as true today as it was then. When we realize that man has a soul, enters a physical body and passes through transition and then reincarnates in another body, we may realize that the Divine Consciousness exists as a great body and when the process of creation has been accomplished that it will pass into a new sphere, where it will create a new body, a new cosmos, to carry out a yet greater plan of creation.

Remember the statement of Solomon relating his own experience. He says: "In the beginning before the heavens were created before the foundations of the deep were laid before ever the earth was formed, I was with him as one brought up with him". Where was God brought up genetic rays to enter the body and re-vitalize the cells will develop to a great degree and as it develops there will be brought about a balance of destruction and regeneration of the cellular structure of the body. In man today that does not happen. They waste away and are rebuilt but they waste away faster. When the process of transmutation takes place that organ or center which will allow the tissue rebuilding force to penetrate the entire body, will be enormously increased, and so the hand of death will be bound, and as the alchemical transmutation makes a complete change in the body there will no longer be death in the world.

Jesus once said that, "The last enemy that shall be conquered will be death", because death was brought into being by Divine Spirit during the first age or cycle. When that time comes

through which the Divine created and formed all things. Through that law he had the power to create everything; man truly had perfect creative power but when he fell, the soul was bound, he was cast out of the body spiritual and the Divine placed his soul within the animal body, which before that time had followed the path of evolution upward until it had arrived at the state we call man, - soul existed before the body. There was physical or animal evolution from the one-called amoeba, which had evolved until it reached the state of man, but it was only after it reached the state of man did the soul enter into it.

The soul of man is bound in the flesh of the body, and the physical body is actually the grave of the soul. That is the reason Jesus said, "My life I give for you;" that he descended from the Divine spiritual state of being where he lived only in the body spiritual and took up the bondage of the flesh, the life which is the antithesis of the true life of the soul which is one of unlimited freedom.

The body spiritual which man once had still exists but man is separated from it. That is the reason Jesus once said, "My God is a spirit and must be worshipped in spirit and truth". Before man can actually worship, or know God, he has to gain the body spiritual. After he gains the body spiritual he can know God face to face.

In the seventh age the physical body of man will begin to change and evolve. We know that in the past the physical body has changed a great deal. We know that in the past the physical body has changed a great deal. We know for instance, that man once had gills like fish. We know that the appendix once performed a very great function. The first animal body of man was not like the animal body of man today, it was bi-sexual. It was the true hermaphrodite. It was what is called an androgynous body. That is, each animal body was both male and female in one, capable of self-reproduction. I am stating a fact in which science will bear me out, because biology can determine that fact. That is the reason we occasionally read of cases where a person starts out in life as one sex and then something happens and they change sex. This is because, originally, all men were androgynous as was all animal life.

In the seventh age that is coming, man will regain the body spiritual, the spiritual body. Certain parts will atrophy and others will begin to develop. There will be development not only of the physical body but of the astral body. We are told that another center will develop in the back top of the head in which, and through which, the creative power of the Divine will manifest in the physical body, and when that takes place the gross matter of the physical body will begin to be alchemically transmuted, and being transmuted will begin to take on a finer quality. That is one reason that the ancient wisdom says that before man can raise himself to conscious contact with the Divine, his body must be alchemically transmuted or changed. This is not one of rearrangement of the atoms, cells and molecules of the body, but actually, a spiritualizing of every part of the body.

The old alchemists in describing the processes through which the elixir of life must pass were really speaking of the twelve processes which would gradually spiritualize and make fine the material body. The ancient wisdom says, for instance, that the one that allows the Micro-

When that time comes the physical body will begin to change. After all the physical body of man is the result of evolution, because the ancient wisdom tells us that in the beginning man did not exist or manifest in the animal body that we exist in today. In the very beginning the soul of man manifested in a body spiritual that was entirely different from the physical, material body in which man now exists and that body being of the most pure and holy created substance had the power of the Divine in it. In that state man had the dual polarities of Divine creation which in the alchemy were symbolized by the red and white lions, the two polarities

from? It becomes very plain when we realize that this existence is not the first or last creation of the Divine, because as heaven and earth will pass away, this present heaven and earth is the result of the passing away of the old, which existed before time began. The great book of the Kabbalah, the Lesser Holy Assembly, speaks of the Kings of Edom who existed in the Prior Worlds before this world in which we now dwell existed.

When the time comes when heaven and earth pass away and a new heaven and new earth are created, all those souls who have attained the Christ state of Consciousness will pass, but those souls left behind will not. What is the purpose of those lost souls?

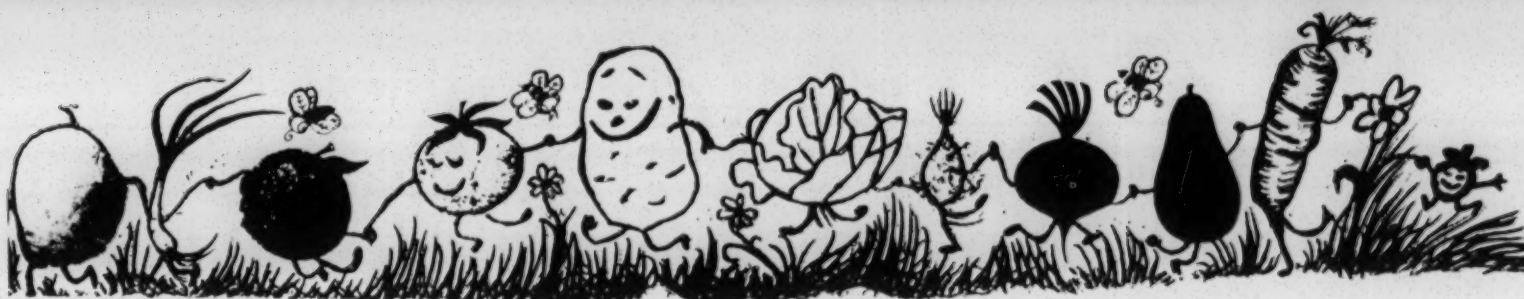
Jesus said, "Unto you it is given to know the mysteries of heaven but unto them it is not given, for seeing they see not, and hearing they hear not and they will not understand," and when Jesus tried to give the mysteries to the great mass of people they refused them. This is the reason it is so hard to give them, even today, because people want things to make them feel good. I am going to give some of the great truths if I have to give them only to myself.

When that time comes, when the earth passes away, that will truly be the judgment day. Jesus once said that "The spirit was to be judged of spirit". There is no judgment of the flesh because after all man is spirit. Those who have attained the state of the Christ Consciousness will have passed beyond the judgment, but those who are still bound in the flesh, that is, the material, those who have turned to darkness rather than the light because they are of the opposite of light, retain the earthly flesh. They will be bound in the darkness of the remnant of the universe which will be cast to one side. We are told that when that happens those souls will still exist surrounded by darkness and will exist until the time comes when there will be a great awakening again.

A Lonely Road: When you are aged, having passed the ninety-third milestone and find yourself in a so-called wildness where there was not sign of habitation, farms or otherwise for an expanse of a score of miles and this, following the trudging of many, many hours on foot toward an unknown destination and without a penny in your pocket it is a dismal outlook. Automobiles whiz by at accelerated speed, ignoring your raised arms when you only wanted information as to where you were headed. And yet, you are sustained through the inward glow of faith that somehow, somehow everything will turn out alright - understanding that nothing simply happens, that there is a reason for everything and a solving of your problems is a mere matter of time mixed with experience.

You are not particularly cold, although the night was chilly. You thank your lucky stars that the road under your shoes is dry and that the force of the wind is down almost to zero. Somewhere, in the back of your brain you realize firmly that this experience is a mere momentary mystification and that at any moment something wonderful will happen and that disheartening situation will vanish. Hundreds of cars had whizzed past you at accelerated speed when you sought to signal them in the half-darkness, their owners unwilling to take the chance of picking up a lone stranger under such conditions.

Then like a visualization of unreality, a large automobile slackens its speed unaccountable, the door opens and you are **invited** into the comfort of a seat beside a young driver. Again the car picks up speed and not a word is spoken, you are at a loss how to express your deep gratitude and his intent upon the road ahead. At the end of about three miles, the car stops and the driver indicates he is about to turn off the highway. As you try to thank him as you fumble to open the door and again get on the road, he hands you a folded dollar bill and speeds down the side road, leaving you astonished, grateful and actually unable to collect your thoughts. This unexpected means enables you to make the telephone call that will bring help.



Maple Sap Time: Did you ever stop to consider what valuable nutritional properties have been destroyed through the use of heat every time you enjoy that maple syrup? Maple sap is a God-given health liquid that contains an abundance of precious elements. But when it is "cooked" most of those precious factors are either destroyed or made unavailable for human nutrition.

To prove this conclusively, why not locate a sugar maple tree and extract the sap. This fresh sap, in the form of a drink, will convince you of its effectiveness as a health builder. Drill a hole in the trunk and insert a hollow tube. On this tubing place a container for the sap. There are several different kinds of maple trees but the chart of the proper leaf is shown above.

Green Goddess: One part shredded green cabbage, one part sliced spinach, one part blended cucumber, one part green pepper. Toss with olive oil. Serve on crisp leaves of lettuce. Garnish with parsley.

Hawaiian: One cup cubed pineapple, half cup orange juice, half an apple. Blend at slow speed the pineapple and apple. Pour in the orange juice. Serve over a fruit salad.

Littlechew: One cup finely grated carrots, half cup finely grated beets, one cup shredded romaine lettuce, one cup alfalfa, half avocado. Mash the avocado to a liquid with a fork, add little water if necessary. Toss the salad, pour the avocado on top.

Barley Uprising: Half cup hulled barley, half cup two day sprouted sunflower seeds, one sliced banana. Soak the barley overnight, blend it with half cup of water, use the soaking water. Season with molasses. Pour it over the bananas. Sprinkle with sunflower on top.

Flying Saucers: Three medium, sliced cucumbers, half an avocado, two lemons and seasoning. Place a little water into the blender. At low speed, add in the cucumbers, skin and all. Remove the skin if they are not organic. Blend it to a fine consistency. Work in the avocado and lemon juice. Season to taste with vegetal or kelp. Slice up with a knife or grinder one small cucumber or Italian squash into thin disks and place them at an angle into the cucumber sauce.

Pumpkin: These seeds must be pulverized in a nut grinder. Add water and flavor it with maple syrup or molasses. Place it in a cup and mix it with a spoon. It may be warmed but do not apply too much heat as heat kills the life. Many mothers use this beverage with small children on the assumption it will remove any worms which may have gotten into the digestive tubing.

Watermelon: Put chunks of watermelon in a large bowl and mash it up with a fork. Strain. This alkaline drink can be utilized by persons who cannot retain the usual nourishment in their stomachs. Sufferers with too much acidity in their systems find this drink very soothing as well as healing. A watermelon fast has been found to be very effective when losing weight. It is better than a lemon water fast, for you drink nature's purified water.

Alfee: Let your alfalfa grow for a week or more in glass sprouting jars. At all times keep it exposed to light. After a week or more it will have enough of leaves to give you a green drink. If you cannot plant grass, the following method will do very well for wheat or buckwheat. Place a damp cloth on the bottom of a glass dish and sprout the seeds in an area of indirect light for a period of at least one week. This can be a powerful source of green tonic.

HELPFUL ADDRESSES TO NOTE

Chiropractor, Hygienist: S. S. Bass, D. C., 3119 Coney Island Ave., Brkln, N.Y., Phone NI8-1500

Organically-grown wheatgrass mailed anywhere for \$3 per pound, plus postage, \$2.50 at the house. M. E. Kellog, 1055 San Dieguito Drive, Encinitas, California, 92024.

The Ogden Aquaflo Water Purifier removes bacteria and other things of a harmful nature from practically any non-salt water supply, no matter how contaminated. Many models from \$19.95. Details from Howard Smock, 3038 Eureka Road, Ashtubula, Ohio, 44004

Organic wheatgrass from Charles R. Underhill, Jr., Butts Bridge Road, Rt. 2, Box 153, Canterbury, Connecticut 06331. \$2.50 at the house. Stamped addressed envelope for further information.

Anyone in New Orleans wishing to purchase wheatgrass, contact Ron Gasper, 2509 No. Derbigny St., New Orleans, La. 70117.

An ideal hand-driven juicer for wheatgrass! Easily cleaned and does the complete job. \$24.95 post paid in the U.S.A. Write for details to Ruth DeFrain, 876 Beacon Street, Newton Center, Mass.

Live Food Kit! Wheatgrass juicer, vegetable shredder (3 blades), electric nut grinder and blender (575 watts, 3/4 hp. 5 year guarantee), receipes, sprouting seeds - all for \$60, plus postage. Organic seeds, wheatgrass and sprouts. Books: Essene Jesus words on health. The Long Life Cookless Cookbook, etc. Write Living Foods, Box 239, Astor Station, Boston, Mass. 02123

Organic Gardens. Use Alaska Fish Fertilizer on everything that grows. Contact Norm Raese, Midtown Sales, 1315 Pearl Road, Brunswick, Ohio 44212.

Soil for wheatgrass. Dark and fertile. No poisons ever used as seed-treatments, weed or insect sprays or fumigants Price \$7.50 per hundred pounds at freight office. Pay freight upon arrival. Ted A. Whitmer, Bloomfield, Montana 59315.

Wanting earthworms? Contact Missouri Earthworm Hatchery, Rt. No. 1, Bourbon, Mo. 65441.

Wheat Grass Manna. 2 lb 5 lbs \$5.00. Atherton, 551 Lytton Ave., Palo Alto, Calif. 94301

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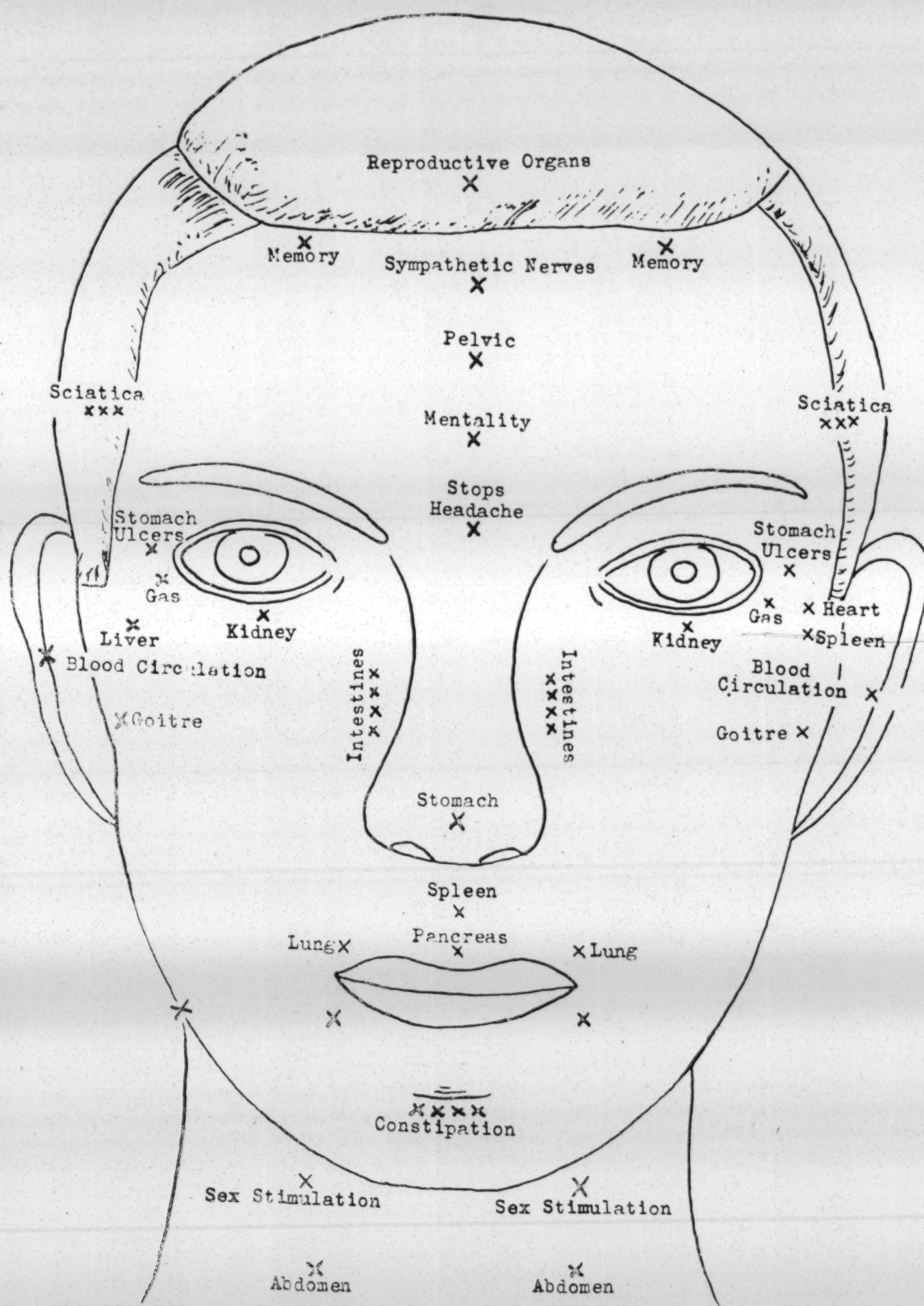
Organically grown wheatgrass, \$2.50 per pound, plus postage. Eliassen Rd. 1, La Fargedille, N.Y.

Organically grown wheatgrass, \$2.75 per pound. "Pick-ups" desired. F. Shay, 94 Newton-Sparta Road, Newton, New Jersey 07860. Phone (201) 383-9887. (5:00 to 9:00 PM)

Growing Wheatgrass For Sale? If so, please let me have your name, address and the price of the wheatgrass and I will put a small notice about it in the Rising Sun without charge.

Needed Badly At This Time. Folks with really compassionate souls who are anxious and willing to help others in their communities - giving aid to those who want to get started on the wheatgrass therapy at home. Also those who have wheatgrass to sell. Please give me the details.

For wheatgrass, contact Raymond Barker, 1902 14th Street, Rock Valley, Iowa.



Spot Therapy: Many areas for relief of bodily troubles may be segregated on your face. Firm, steady pressure on such spots will do much to relieve the congestion of toxic poisons which have accumulated in the body. These spots are generally tender and painful and should be carefully worked upon until all pains and inconvenience have disappeared. Of course, in the final analysis you must remove the cause of these congestions otherwise they will continually be forming. Working through Mother Nature with living food, exercise within reason, and the taking of unchemicalized drinking water will help immensely. Of course, you should get plenty of sunshine and should be careful to breathe properly. All these help Mother Nature to free your body of these problems. If you lack sufficient energy to adequately treat these spots, have a healthy person assist you. Remember, you must learn how to relax and yet be positive in your thinking. Send for "Be Your Own Doctor" for instructions. The cost is only \$2.00 and will aid you mightily.

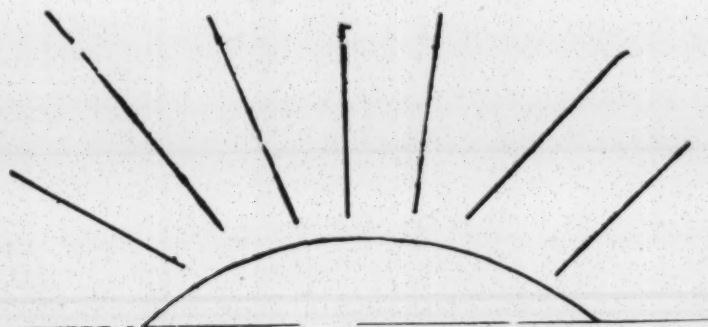
RISING SUN CHRISTIANITY

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The Institute is open to the public and we do accept a certain number of resident guests who wish to study the Laws of Nature and to learn how to apply them in their lives.

There is no medical cure for disease. Medicine does not eliminate the course. There is a reasonable way to health, reduced weight and youthfulness. Try Mother Nature, she does all the healing. We provide the tools. We teach through lectures, workshops and banquets for health-oriented groups around the country. Please write for arrangement and details.

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THE RISING SUN

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HEALTH DIGEST
Published by Ann Wigmore, D.D.

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COMPLETE MEAL SALAD: This combination of body building elements should be utilized in every home, school, hospital, nursing home, prison, mental institution, etc. I am sure with your help, we can bring this type of nourishment to these areas. Please write your law-makers about this. Bring this subject to your local talk shows. This is truly an emergency situation.



The Way You Can Help: Become a Member of the Hippocrates Health Institute and learn by doing. Take the first step toward becoming your own doctor. Make a real effort to improve the health of yourself and your loved ones. Many have found this method to be the best type of health insurance. There is a choice; you may become an Annual Member or receive a Life Membership. Both Memberships receive copies of the Rising Sun each month. Also additional special issues, periodicals and booklets issued from time to time. This is a marvelous way to keep in touch with the new discoveries relating to health.

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Become a Health Missionary: sell the following books: Be Your Own Doctor \$2.00, You can Have Good Health and Youth \$1.00, The Bible, Astrology and You \$1.00, You Sow As You Reap \$1.00, Let There Be Light \$.25, Better Babies \$.25, Relax and Survive \$.25, Fasting - Secret of Youth, \$.25, Garden Indoors \$.25. In lots of six or more a discount of fifty percent is allowed. The twenty-five cent books may be obtained in lots of 125 for \$10.00.

To Prevent Sickness: We all must work together. This cooperation will accomplish what we desire, speedily and with effective thoroughness. We must learn and utilize the simple methods of Mother Nature and prove to the world that her system of health-keeping never fails when understanding, effect and faith are combined.

Requests: See at once that your will does not overlook this opportunity to carry on this part of the Almighty's plan for universal health for all.

Also plan a Memorial Fund in your memory. This will help mightily to perpetuate this idea of health into the distant future.

Money you spend for flowers upon the demise of a friend fade quickly, but if these sums are added to the Memorial Fund, in that friend's name, it will have a vital effect and will actually live for generations doing good.

This organization is ever-active and is carried forward by dedicated human beings. It is recognized as such by the State of Massachusetts which has made it tax exempt.



Blessed Ones: Many of you have written to me and complained that you have not received the Rising Sun for last month. I have been busy with new material and new discoveries. Right now I am getting together a baby's book which will be a great aid to young mothers. And another book: Organic Family.

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The other day I received about forty pounds of this cactus from Florida. This will be served at our evening meal each day. These plants are perennials and may be raised indoors. They are a very interesting and valuable food. It is also a real addition to a house garden. Ask your nursery man to order one for you. You will hear more about it from me later.

It is wonderful how our Creator provides us with so many different kinds of foods to take care of our needs. We need not be worried about future starvation if we are willing to work and be provided with sustenance by the Almighty.

I definitely feel that things are getting better, and there will be endless improvement everywhere if we will but stop complaining and do our full part. And always remember, conditions have to get really bad before they begin to get better. That is Nature's law.

We should keep in constant touch with our lawmakers and get them to understand that nourishment generally must improve and that they are the ones to see that such improvement comes into being and is carried forward to the conclusion it so rightfully merits.

During May I will be on a speaking tour to Washington, D.C. If you have any suggestions to make, I should be glad to hear them. This year the nutritional worth of living food must be put across and I need your help. I know from past experience that you are always ready and willing to help in such matters. I am deeply grateful.

Ann Wigmore D.D.

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COMPLETE MEAL SALAD: This combination of body-building elements should be utilized in every home, school, hospital, nursing home, prison, mental institution, etc. I am sure with your help, we can bring this type of nourishment to these areas. Please write your law-makers about this. Bring this subject to your local talk shows. This is truly an emergency situation.



The Way You Can Help: Become a Member of the Hippocrates Health Institute and learn by doing. Take the first step toward becoming your own doctor. Make a real effort to improve the health of yourself and your loved ones. Many have found this method to be the best type of health insurance. There is a choice; you may become an Annual Member or receive a Life Membership. Both Memberships receive copies of the Rising Sun each month. Also additional special issues, periodicals and booklets issued from time to time. This is a marvelous way to keep in touch with the new discoveries relating to health.

Annual Membership: \$10.00 per year. Life Membership \$100.00 and may be paid quarterly.

Become a Health Missionary: sell the following books: Be Your Own Doctor \$2.00, You can Have Good Health and Youth \$1.00, The Bible, Astrology and You \$1.00, You Sow As You Reap \$1.00, Let There Be Light \$.25, Better Babies \$.25, Relax and Survive \$.25, Fasting - Secret of Youth, \$.25, Garden Indoors \$.25. In lots of six or more a discount of fifty percent is allowed. The twenty-five cent books may be obtained in lots of 125 for \$10.00.

To Prevent Sickness: We all must work together. This cooperation will accomplish what we desire, speedily and with effective thoroughness. We must learn and utilize the simple methods of Mother Nature and prove to the world that her system of health-keeping never fails when understanding, effect and faith are combined.

Requests: See at once that your will does not overlook this opportunity to carry on this part of the Almighty's plan for universal health for all.

Also plan a Memorial Fund in your memory. This will help mightily to perpetuate this idea of health into the distant future.

Money you spend for flowers upon the demise of a friend fade quickly, but if these sums are added to the Memorial Fund, in that friend's name, it will have a vital effect and will actually live for generations doing good.

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Ann Wigmore D.D.

BLOOMFIELD LABORATORIES

High Bridge, New Jersey



September 1, 1960

Mr. Fred J. Gardenhire
319 Huntington Avenue
Boston 15, Massachusetts

Dear Fred:

Thank you very much for your letter of the 26th. I was naturally very pleased with the visit from Dr. Ann Wigmore. She is a very dynamic person, very charming and would make a great leader for an organization to bring this country up to date on nutrition. By building up soil it encompasses many deficiencies such as mental troubles, delinquents, heart, kidney, lung and nerve diseases. We can't build a good mentality and a good body unless we are able to obtain food from well-balanced soil. As you say, Dr. Wigmore is very quick and astute in gathering the data she needs for such work. I was very enthusiastic about her visit as she is a very lovely person with a fine personality and I am sure it would be difficult for philanthropists to refuse her anything. I believe there will be no difficulty in raising considerable sums of money because on the farms the boys could build digestors and make the complete organic fertilizer and would receive a certificate of attainment and when they learn the process thoroughly could then go to the farmers and educate them in this new system of soil building.

We made \$45,000 for the Walker Gordon Farm between 1908 and 1910 and they have become famous throughout the United States. In fact, their soil was so clean that when Dr. Du Bois took samples of it he found bacteria that made antibodies, which he called Plasmolysis. I attended a meeting at Rockefeller Institute where he read his paper and received great applause for his discovery. I was rather stupid as I was asked to talk at the meeting but didn't mention the fact that for 30 years they used my bacteria to maintain the high state of fertility of the land. Mr. J. B. Jeffers, the manager, kept the process a secret and outside of the first picture he sent to me before he realized its value, I could get no information from him from then on so I never called on him again.

The boys would earn their living at the farm factory and would be taught salesmanship so that they could go to the farmer and guarantee him an improvement in his crop, which might be necessary the first year. After that the sales would be very easy.

It would be perfectly all right for Dr. Wigmore to use any name as the only name that is tied up with the business is Earp Laboratories, Inc., as it controls the development of the Digestors in Italy, Switzerland, Germany, Greece and Mexico. I am glad to say that the old records now in the hands of my general manger, Mr. John Van Kirk, attracted a very large concern who have asked him to build up 350,000 acres of land to improve the quality of beef cattle.

I was the first to go through Cape Cod Canal as ~~Commissioner~~ ^{Commodore} Miller and August Belmont seeded the north side to prevent the sand from blowing in the canal and blocking it and lots of farmers there have used our fertilizer. The idea to grow herbs could lead to a big business as it is very difficult to obtain them as few people in America are familar with the edible herb.

One of the best herbs that could command a big sale is comfrey. It builds up the white blood cells through its allantoin better than any drug in the world and this reduces any disease provided that the diet is good.

Your second letter of the 27th just came in. The name is good and the location very good and it might be good to state An Agricultural Institute. I am sure a great number of advanced thinkers would be very interested in backing up such a venture. I have had to finance this business for over 60 years from my own earnings so you can imagine ^{if funds} ~~if funds~~ were obtained sufficient to have a well-trained staff of technicians. We would have to train them as our system is quite different to the artificial system of soil building, which, while it produces big crops in some cases, they are devitalizing because they have deficiencies of some of the elements to keep us healthy including the amino acids in protein.

I have read your letter all through and commend you for a splendid layout in the different fields including animals, which, like us, must have a balanced ration. I have about 10 books of formulas and also Silogerm which can be used in silos and takes the place of molasses at a third of the cost. Mr. Bishop, who acted as our agent before his death, made about \$80,000 per year but he traveled a lot to the different farms to demonstrate its values. Now that we have control of it again we could build that up to quite a big business and the farm could be used to excite cities to use digestors to dispose of their garbage, sewage, leaves, straw and vegetable wastes from the big markets. In fact, the boys could collect this waste and make it into fertilizer as it comes from vegetables you can imagine its value in building up soil to supply more food with better nutritional value..

I fully endorse your ideas and each one of them could prove to be a business in itself. I found that two boys I took over some years ago who were allowed by the judge to join me for rehabilitation became quite enthusiastic when I told them they would work Digestors and become practical engineers. Both of them turned out to be good citizens and devoted to their work and as it paid them well, they had no desire to steal any more. One was a colored boy and I was surprised when a big company took him on as one of their skilled laboratory technicians. The other one, Chalres Miller, became so interested in soil building that he took over a poor farm in South Jersey and made quite a lot of money in raising eggs and alfalfa hay.

I am sure that with Dr. Wigmore's help these boys could become very valuable and take positions across the country to promulgate the idea of soil improvement for health and others could operate the digestors for us here and in various foreign countries. We will need quite a number of such boys but they would have to have a three year course of study to qualify for this work. Just now I have to send my son to start the Digestors in the different foreign countries and, of course, he has to come back as we couldn't do without him and our progress is more or less limited until we can get well trained young men to promote this endeavor broadly.

I have about 5,000 letters to go over for my new book commending us for the work we have done. My book will have some sensational data in it as no one else has carried out such complete research over a period of 50 years with so many positive results which includes soils, bacteriology, nitrogen fixation from the air, enzymic production, improved nutrition in crops and many other projects.

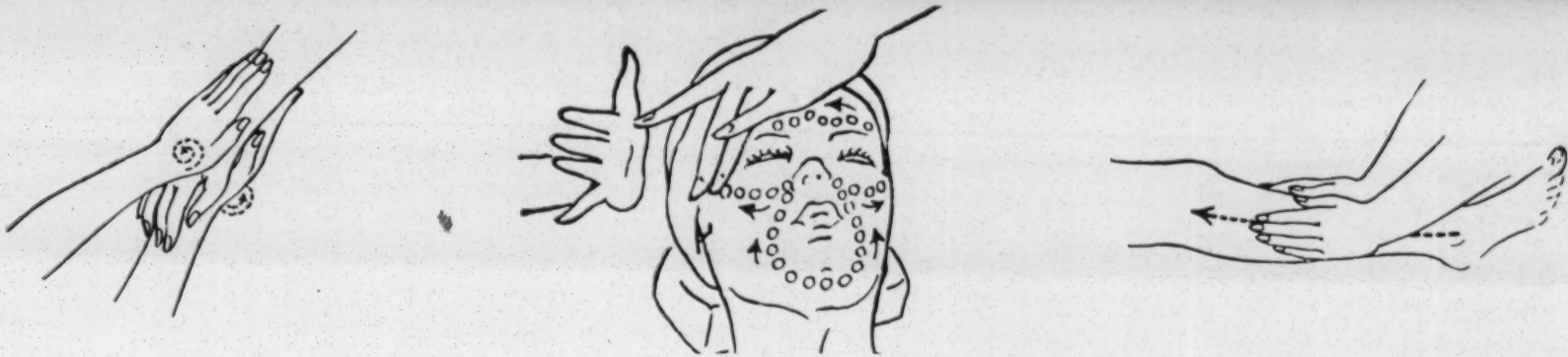
All of this data in a proper institute could lead to the foundation for a new system of soil building to improve the health of the nation and at the same time be most profitable and economical to the agriculturist.

With kind regards.

Sincerely,

BLOOMFIELD LABORATORIES

G. H. Earp-Thomas



The Massage is the Medium There are many different kinds of massages. Some concentrate on pressure points, others on joints; the type described here is an entire body muscle-relaxing massage. It makes people feel good.

Most of these tension-freeing techniques involve rubbing hard or stroking which, due to the irritant of friction, could not be accomplished without the aid of a lubricant. So the first thing to do is make a mixture of equal parts baby oil and vegetable oil. Baby oil soaks into the skin pretty quick and vegetable oil is hardly absorbed at all and so the mixture creates a lubricant that will stay on the surface a suitable length of time. I apply the mixture from an old squirt top plastic dishwashing soap container. I also add a small quantity of a scented oil - clove oil or wintergreen - for olfactory pleasures.

The surface that the person who is getting the massage is lying on is important. A sturdy table of finger tip height will give you maneuverability and leverage for proper pressure. There should be on top of the table some kind of padding. I use a 1-1/2" thick foam mattress of several layers or blankets with a clean sheet on top.

Now that you have your table and oil ready the following things must be done: Find a person willing to be experimented upon, have him/her empty their bladder, take off jewelry, take off their clothes, and lie down on the table face up. Check your fingernails to see if they're clipped smooth. Is the room temperature comfortable for the person getting the massage? You'll probably be a bit warm if the temperature is comfortable for the person on the table. (Henceforth to be known as 'the person'). It should be as quiet as possible and no disturbing friends should be in the room.

Following are some of the general things you should remember while doing a massage:

The person should feel as comfortable as possible. Encourage response like whether or not you're applying enough pressure, what could you do to make the stroke feel better, etc. Don't rub hard over bones and try to be symmetrical. Discourage conversation about anything not related to what you're doing.

Tense muscles will be painful when rubbed hard enough. You should apply enough pressure so that the person goes just to the point of pain without getting really painful. The more rubbing on a tense muscle the more relaxed it can become. It will take at least an hour and a half to do a good complete job.

Place your hands on the person's pectoral muscles, make sure he/she is breathing and with a large amount of pressure move your hands with fingers together over the chest, over the stomach, separate your fingers when you get inches above pubic hair, and with a non-stop motion bring your hands to the person's sides and (still without stopping) with your fingers together pull your hands up the person's sides and then bring your palms up over the shoulders and then your hands around to the under side, fingers stretching as far as possible towards the shoulder blades and then pull straight up the back of the neck, avoid putting pressure on the backbone. I know it sounds like a lot but you really should try to do it because once you start doing it well it feels really fine. Ask the person whether there was too much or too little pressure, how did it feel, was it perhaps too fast or too slow. This stroke should be repeated at least four times. Ending the stroke by going up the back of the neck a couple of times is nice.

Then you can massage the pectoral muscles a little by rubbing with your fingers in circular motions; on women breasts can be rotated. Now (for the first time) move around to the side of the table: it is time to massage the stomach.

Stomachs are one of my favorite parts to massage. It is done in a clockwise rotating motion, with the full hand covering an area of from the bottom of the rib cage to the pelvic bones, going down to where pubic hair begins.

The left hand makes a large circular motion circumnavigating the area outlined. The right hand makes a semi-circle (corresponding between 12 and 6 on the clock) a little bit on the inside of the left hand. The left hand keeps making continuous circles and right hand picks up at the end of its semi-circle and goes to the top again. Do this at least a minute. Then slide your hands over to the persons side (opposite to the side that you're standing on), and slide your fingers under the persons side as far as they will go. Your hands should be side by side. If you have gotten into this position from doing the stomach without having taken your hands off the body it gives an added sense of security. The persons arms should be a few inches away from his/her body.

This motion is done quickly with enough pressure to lift the person up an inch or two. The hands alternate in pulling up, leaving go, and then being placed a little further up the body so you're actually moving in two directions at once. First the left hand pulls up and then you move it over a few inches as the right hand pulls up and then moves over to where the left hand was. You must do this as quickly as possible all the way from the hips to the underarms. Then go back to the hips again and pull your way up the body again, only a little lighter this time. The third time it should be lighter still. The fourth time try to do it with as little pressure as possible and slower than the other times. Then you must walk around to the other side of the table. Place one hand on her/his stomach as you walk around to give the person the greatest sense of security. (It feels better to always have a hand on you instead of wondering where it is going to touch your body next.) Now do the same motions to this side as you did to the other.

Massages will go off better if the room is quiet, but this next thing will work well if the room is particularly quiet. There shouldn't even be any conversing between you and the person. Standing on the right side of the person place your right index finger just below the persons collar bone, near his throat, right in the center of his/her body. Very very slowly with a moderate amount of pressure steadily move your finger down the middle of the person - down the chest, over the abdomen, lighten up the pressure a little when going over the navel and increase it again when on the other side of it and continue on down until an inch into pubic hair and then lift your finger straight up.

Now you are ready to start on the arms. It is important when moving arms (or legs) that you hold on with a firm grasp. Grasp the person's wrist and lift up the arm, swing it a little bit; lift it straight up until the shoulder is being lifted off the table and then put the arm down. Start with the hands and work up to the shoulders. Take a strong grasp of a finger and pull it straight out as hard as you can. Do this to each of the fingers. Fingers can also be individually bent back and pushed forwards. Now warm up a little oil in your hand and rub onto the front and back of the person's hand. Grasp one finger in each of your hands and with your thumb go up the front of the finger and with the side of your index finger do down the back of his/her finger in small circular motions. This technique is called milking. Do it to each of the fingers for at least 30 seconds. Use your finger tips to rub between the knuckles and the fleshy part of your palm to rub the rest of the back of the hand. Turn the hand over and holding it with a firm grasp use your thumbs to rub hard the fleshy parts of the hand at the bottom of the thumb and underneath the little finger. Put the hand down, palm up. You are now ready to work on the area between the wrist and the elbow.

The technique about to be described can also be used on the lower and upper legs and upper arms, it is called thumb rolling. Apply oil on the lower arm then place your thumbs on the persons wrists, pointing towards the elbow, your fingers on the sides of the arms. Your left thumb moves up in a rounded motion from right of the center of the arm to the edge of the arm. The right thumb moves in a rounded motion from left of the center of the arm to the edge. Then both thumbs move back, a little higher up the arm and repeat the motion outwards. Your thumbs symmetrically climb up the arm.

When you get to the elbow go back to the wrist and do it again. Now the other parts of the arm. With fingers together start at the wrist end, with your fingers on the far side of the arm and move your hand in clockwise circular motions moving up the arm. When you get to the elbow do it again. Close to the elbow the muscles there can be massaged this way for a minute or so. Then with your hands in the same position, move your thumbs in circular motions up the arm to massage the side of the arm close to you. After doing this a couple of times comes a stroke that goes down from the elbow to the hand, a stroke for which you have to use the whole of both of your hands. This stroke is called pulling. Make sure that the person is still oily, palm up. Place your left hand on the person's lower arm, fingers at the elbow. Using a lot of pressure pull your hand on down the arm all the way to his/her hand. When your hand gets to the wrist put your right hand at the top of the lower arm and let it follow the left hand. Your left hand comes off of the person's hand and goes back to the top of the arm hard and fast. Do it fast. After a little while ease up on the pressure and continue to ease up until only your fingers are making the lightest of strokes. Relax and oil the upper arm.

Starting at the elbow and moving up to the shoulder do thumb rolling, and the circular motions with your fingers and then thumbs as you did with the lower arm. Do what feels right to you and what the person says feels right. Rub the shoulder and shoulder muscles in a circular motion for a minute. Then do the pulling technique; you can do it from the shoulder all the way down to the hand. Other things you can do to arms include squeezing, tapping, slapping, chopping, pounding, blowing, whatever.

Then lift up the arm again and pull it back and let it rest over the person's head as comfortable. Put more oil on the person's side, including the underarm. Then starting at the upper arm bring your whole left hand down, past the underarm, and down the side all the way to the pelvic bone. Do this with a low pressure. After your left hand leaves the upper arm on its way down the side, your right hand is placed there and it too then travels down the side. One hand follows the other, fast and hard. Then you lighten up the stroke until you're just barely touching the person. Then lift the person's arm back down to his/her side. Do all of these things to the other side (starting with the hands). All these things up until now may take about 1/2 hour. Having completed both arms it is time to move down to the feet and work up.

First you can try a little leg bending if you want. Take a firm grasp of the ankle with one hand and behind the knee with the other hand and lift the leg up. Bend it. Lifting the leg up high enough so that you pull the arse of the person off of the table a little. Put the leg down again and on to the feet. One foot at a time.

Toes are like fingers. You can pull them, bend them and milk them. Turn your fingers in between toes. Oil the rest of the foot. Like hands and arms, you do only one side at a time. Trace up either side of the bones on top of the foot. Use your thumbs to rub hard the arch area. Spending ten minutes on a foot is not too long a time. Rub the heel and ankle. Then oil up the lower leg.

Do thumb rolling on either side of the lower leg bone. Then use your fingers on one side and thumbs on the other side to massage up the leg, from ankle to knee as you did wrist to elbow. The calf muscles should be worked on for a longer time, fingers together, hands moving in circular motions. Then oil up the upper leg. Use the same techniques that you used for the lower legs and arms: Thumb rolling, then circular motions with fingers and thumbs. With lower legs and arms the whole surface can be pretty much covered by going up it in three places (top and sides). For the upper leg you will probably have to go up it in at least five places. Then try the pulling stroke, from the pelvic bone down to the knee or down to the toes. Then do all of this to the other foot and leg. How y'all doing?

After everything above has been completed, the person can turn over: there's half a body left to do. Sometimes putting a pillow under the person's chest makes him/her more comfortable. From now on you work straight up, from feet to neck.

Get reacquainted with a foot. Rub toes, arches and heels for a little while. Next you will have to apply more oil to the lower leg. Then you can do the rolling thumb technique from the ankle to the knee. Massage the calf pressing as hard as you can before it starts hurting (it might not hurt at all but it seems with most people that it does). Massage the knee a little and then oil the upper leg. Do thumb rolling and then the finger and thumb technique on either side (in at least four places from the knee to the bottom of the arse). Remember, don't go up the leg and then down it but rather take your hands off at the top and start again from the knee. Then do the pulling stroke from the bottom of the arse to the ankle or toes. Do it fast, and lighten up at the end. Now do the same to the other leg.

Oil up the arse and using a full hand even pressure stroke go in a large clockwise circular motion. Do it to one side and then the other. Press in with your fingertips at several places and move them in small circular motions, your hand is not moving. Do this to both sides. Chopping sometimes is nice. Arses should be relaxed and not tight. And finally we're ready to move up to the back.

There are many things that can be done with the back. It is easy to spend 20 minutes on a back done. Remember! Don't put moving pressure over the backbone. Start by applying a good deal of oil on the back and sides. Arms can be under or over the persons head or laying straight down a few inches from their body, which ever is the most comfortable. The long stroke up the back is as follows: Palms of your hands are at the top of the persons buttocks, your thumbs are on either side of the backbone and the motion is one with a lot of pressure, your hands moving close together (but not touching the backbone is in between) up to the spine over the shoulder blades and fingers separating when in between the shoulder blades and the neck. In a continuing motion your hands separate and fingers go over the shoulders, grasp the side up towards the underarm and pull back to the thighs. Now leave go and place your hands back at the base of the spine and do the motion again. After doing that at least three times you can pull up on the sides as you did when the person was lying on their back. Another thing to do is a large elliptical motion from the shoulder to the arse, easing pressure up over the shoulder blades. This is done with one hand, first on one half and then on the other.

You must convey to the person a feeling of confidence and security. Be firm. Be aware. Relax. Place both of your hands upon the person's face so that your thumbs meet at the bridge of the nose and your fingers are together over the cheeks. Palms are across temples. This is the starting position. Ask the person to center his/her body, is she/he comfortable, both the person's breathing and your breathing should be relaxed, even, deep. (You can tell if you're doing something that hurts by watching breathing. If the person hasn't breathed for a minute or two chances are you're doing something wrong.) Hold your hands in this position, firm to the persons likeing, for about a minute. This will give a good secure repore. Go back to this position anytime during the massage when it seems right to. You must do what feels right.

Take a firm grasp of the persons head by placing a hand on either side of it and turn it from side to side three or four times as it loosens up. Try pulling it straight back with a good deal of pressure.

Cup the persons left ear by holding your thumb on one side of the ear and the rest of your hand on the other side of the ear and turn the persons head so that the left side is resting on your hand.

Go over the right half of the persons hair with the fingers of your right hand, rotating them in small circles. Then 'scrub' the persons scalp with your knuckles, vibrating your hand hard and fast. Then tap the right half of the scalp. Do the same for the left side. Keep asking if there's not enough or too much pressure. Return to the starting position.

Now you are ready to use a little oil. Rub just a few drops on your hands and place them in the starting position. With the fleshy lower thumb part of your hands go across the person's forehead. Do this twice and then with your fingers tap across the person's forehead. Trace just above the eyebrows with your thumbs, then just below them (both at once) and then trace the muscles below the eyes. Place your fingers firmly on the person's cheeks as you trace down either side of the nose with your thumbs.

Use your fingertips in circular motions on the persons cheeks. Trace with a couple of fingers the muscles around the mouth. The person's jaw should be relaxed enough to be able to move it back and forth a couple of times. Use your fingertips in small circular motions around the back of the person's ears, use your thumb and first two fingers to getnly rub the person's ear-lobes and the rest of the outer ear. Use just your index finger in going around the inside of the ear and then block up the ear cannal with your index fingers for about 20 seconds. The person will be experiencing a different sound world. Return to the starting position. The person should have his arms at his/her sides a few inches away from his/her body.

The next stroke involves the upper half of the body, sides, shoulder blades and neck, so these parts must now be oiled. Cup your hand and pour a small pool of oil in it. Let the oil sit in your palm for about 15 seconds so it will warm up a bit and will be more comfortable when applied. Rub the oil over the pectral muscles, chest, stomach, sides, shoulders, as much of the back as you can reach, and neck. You will have to resort to the oil bottle at least three times as the amount of oil you can hold in your palm will not reach all these areas.

Then rub in small circular motions around the shoulder blades and rub the shoulders also. Circular motions on the neck are good now. Next is the counterpoint to the one-finger-down-the-front-of-the-person trip. Stand on the persons left hand side and place your right index and middle fingers on either side of the persons backbone at the top near the neck. Then slowly with moderate pressure move them down the spine, not on the backbone but on either side of it, slowly, quietly, until you're at the bottom of the backbone; then bring your fingers together, lift off your middle finger and with just your index finger continue down the center until you reach the top of the crack of the arse and then stop and lift your finger off. Putting a stationary pressure and then leaving it off is another thing to do to several parts of the back. There is also chopping, tapping, slapping, pounding. See if you can vibrate two fingers as fast as you can up either side of the person's backbone. Find out if there are parts of the back that need more time on them. The finale is the person gets in a tub of warm water.

So now you've given someone a massage. You won't be able to do it by reading but by practicing it -- make up your own techniques. --by Herb Goldstein



Research: Useless Search I tell myself that I am a realist and to be a realist today in our mud-dled world is no easy task. In fact, it is like the head of the household, in the good old days, who had to get up very, very early in the morning before the sun arose on a winter morning and go down and start the fires to get the house warmed up for the rest of the family.

But a realist I am. And I ask myself time and time again, why is it that these billions of dollars spent on research in America every year turn up no help in helping man combat the deadly diseases? In fact, I am so bold as to suggest that the results take us even further away from the truth.

Now, while I am continually jumping on the back of the scientists and researchers and clawing away at them please believe me that I do understand that there are some good and noble men in the field.

The whole scientific field is working away from wholeness, from complete food to the fragmented, or you might call it the refined foods. This applies to drugs and medicines as well as it does to food. There never has been and never will be a case of calcium deficiency or a phosphorus deficiency. And the reason is simple. Because no element is found as that single element in nature. Nor can the human body utilize single pure elements.

When scientists begin treating the body as a whole and seeking remedies for the whole, then and then only will they be on target. -- John Tobe

Dental Disease Control: Tooth decay has been prevalent among the well-to-do people for thousands of years. Dr. Pickering in 1910 said, tooth decay is in direct proportion to the refined foods we eat. Thomas A. Edison, inventor, and a layman, suggested that malnutrition was the cause of most disease. Tom Spies, M.D. in his acceptance speech when he received the highest honor given by the AMA said, all diseases were caused by malnutrition and if we knew enough all disease could be prevented and cured by proper nutrition.

The dental profession has made a long arduous search for a cure for tooth decay. Drs. Jay and Bunting discovered a measurement through saliva tests for incidence of decay in the 1920s. Silver nitrate, also an iron preparation, were given consideration for a while. Fluoride is the latest kick. The San Fernando Valley in Los Angeles has had water from the Owens Valley with the correct percentage of fluoride recommended by the health department for over forty years. When an examination of the school children is made over 90 per cent have or have had decay. I ask when is this fluoride going to start stopping decay? Practically every dentist admits that proper nutrition is the answer to oral diseases.

Have any of you every had a diet analysis by either a doctor or dentist? How can the people follow a correct diet unless they are shown the way? Refined foods are the culprits. Bad health in body and mouth merely demonstrates that the blood stream, which is your only source of nutrients, does not have the proper material to feed your tissues. Since our doctors won't educate us we are left to educate ourselves. Health food stores have many books and this magazine is an excellent source of health information. Information easily understandable and readily available, is a personal problem. Good health is a "learn it yourself". by C. Vann, D.D.S.



Health Association Discovers Doing Too Little Work Causes More Stress Than Overworking: Contrary to popular opinion, too little work is more likely to cause mental problems than too much work.

According to the latest findings of the National Association for Mental Health, overwork may not be such an important cause of mental breakdown as psychologists originally thought.

"In fact," said association member P. Cotton, "overwork is far down the list of job-related mental problems. It isn't the people who are overloaded with work and busy every second of the day who have to worry," he said. "Instead it is the people who sit around the office all day with very little to do, or factory workers for whom time hangs heavy and who spend much of the time clock-watching, who run the greatest risk of becoming mentally unstable."

Dr. John Erskine, another member of the association who helped draw up the report exploring job-related mental illness, said, "Not having enough to do at work is sometimes pleasant for a while, but in the end it leads to dissatisfaction, doubts about one's capacities, demoralization and frequent spells of absence for minor complaints."

Other work situations besides 'underwork' can lead to mental stress and such symptoms as headaches and depressions.

The report included the fact that mental illness costs companies well over 36 million days of work a year - more working days than are lost to flu and the common cold put together.

"If companies would take more care of their workers, mentally," added Dr. Erskine, "they'd not only have a more productive work force, they would also be saving themselves hundreds of thousands of dollars a year." --Midnight

Malnutrition in America: Some high authorities in government contend the American people get a well balanced diet from their daily table food. Well let's cite several case histories dating back some thirty years and compare these results with such claims.

Ten year old child who had mononucleosis at age 6. At age ten she was developing from one to three cavities every six months visit to the dentist. I asked the dentist the cause of so many cavities and he said it resulted from the mononucleosis she had in the past. Said this threw her calcium assimilation out of balance and said there was NO CURE to correct the condition. Well, such remarks start me on the road to find the answer to the \$64 dollar question. I finally found the answer in certain forms of raw calcium food which she took. This was more than four years ago. A visit to the dentist every six months since has shown NO cavities and the dentist is dumbfounded. He is so brainwashed he would not believe what I did, even though he sees the PROOF. What a blessing this would be to thousands of such children only if their dentist knew this and would use it. That would take more power than it takes to get a missile off Cape Kennedy towards the moon.

An eleven year old child with pityriasis, skin disease, which skin specialists did not correct. This condition was cleared up shortly with three food elements missing in her body.

Spur under the heel so painful patient could not put foot to the floor, using crutches. Skin and flesh around heel was solid as the bone, saturated with calcium. Two months eating three forms of raw calcium dissolved the spur and heel was normal. Age 55. Another case, age 72, dissolved his spur with same thing. No surgery needed. FOOD.

Alcoholic of long standing. Fed him proteins, Amino Acids, Vitamin B, honey and multiple Vitamin-Mineral food and her child is now eight years

Alcoholic of long standing. Fed him proteins, Amino Acids, Vitamin B, honey and multiple Vitamin-Mineral food and he was soon back to normal.

Lady who had two miscarriages and threatened with the third at three months' pregnancy. All other treatment had failed her. I gave her plenty of Vitamin E, and Ovary food, a multiple Vitamin-Mineral food and her child is now eight years old.

A young married girl wanted to be a mother but efforts had failed her. I gave her plenty of Vitamin-Mineral food and an iron tonic and after three months she reported she was pregnant. She mothered several other children later, solely as a result of feeding her body the FOODS it must have to reproduce.

Lady had suffered sixteen years with chronic gallstone colic. All efforts had failed her. I gave her two simple foods available at the grocery store and she took them according to my directions and soon passed the stones and was never bothered with them again.

The same thing happened to a minister who had suffered five years with his gallstone colic. After he took the several foods I gave him with specific directions, he soon passed the stones which had dissolved as thick buttermilk.

A seventy-five year old man came to me with one testicle atrophied to one-half normal. No pain. I fed him a special testicle food and in thirty days it was back to normal.

A friend age sixty-five used my feeding plan and dissolved her kidney stones as proven by x-rays before and after and her family physician was stunned, for he had insisted on surgery, which was not needed. Simple Beet Juice.

A fourteen months old child was brought to me after two baby specialists had cared for it eleven months with no results. Examination disclosed a very large ulcer in colon, abdomen extended three times normal size, fish skin disease (Ichthiosis), over entire body, and extremely heavy Acidosis, causing fever and whining 24 hours per day. The goat milk was ten times too strong for its weak stomach. I reduced the strength of milk to fit its stomach and bathed it with young salad turnip potlicker (the juice where they are cooked) to neutralize the high Acidosis. In three days no fever or whining, sleeping good. In two weeks all scales were gone. Milk was increased as the baby's conditioned improved. NOTHING else was used. I am NO BABY SPECIALIST but I did this.

Six year old girl 90% blind was brought to me after visits to several Eye specialists with no benefit. I found the cause of her born blindness caused by Strep infection in her spleen, a long way from her eye. By giving her the proper vitamins and minerals and tonic she soon regained her eyesight to 90% of normal. She remains that way thirty years later.

Twenty two years later a six year old child was brought to me suffering with the same condition, although his developed after he started to school three months before coming to me. Feeding him plenty of the right vitamins and minerals and iron tonic, his sight was back to normal in three months' time. And this child spent a week in a large Children's Clinic where three specialists examined him from head to foot and found NOTHING to cause his blindness but insisted he be put in the Blind School, doomed to a life of darkness. But the light shone for him.

A seventy-five year old man came to me with a tooth which was filled when in high school, that was slowly crumbling off bit by bit. Finally the filling came out and left a very sensitive tooth. By feeding him plenty of a special calcium food and vitamin food and vitamin B and C, the tenderness soon disappeared but the tooth kept crumbling till after many months the entire tooth came off, leaving the root just above the gum line. He chews anything on it now, even eats ice cream. One time a large gum boil appeared opposite this tooth and it was extremely sensitive to touch. I loaded him up with natural vitamin C and B and calcium and in five days it was gone. Later another tooth began crumbling till it finally came off 3/4 whole with the filling yet in it, leaving the root the same as the other one. He won't have the two roots extracted.

Drugs would not, could not and did not do the work these foods did. But is is proof Americans are straving to death in spite of plenty. -- W. C. Hardy, N. D. of Tallahassee, Florida



And Raw Vegetables are Loaded with "C": Did you know that the tobacco industry has made a Ten Million Dollar grant to the American Medical Association to investigate whether there is actually a relationship between cigarette smoking and lung cancer? Do you also know that the A.M.A. refused to publish an article showing that dogs taught to smoke had experienced cancer, emphysema and thickening of the arteries?

It is with a sigh that I admit I am afraid that a gift of Ten Million Dollars might even cause a loss of memory or other changes in my thinking and writing. So maybe we should look with empathy on the poor A.M.A. who have been so bought, body and soul. In the Journal of Urology February 1970, Drs. Schlegel, Pipkin, Nishimura and Shultz of Tulane University School of Medicine, found that Vitamin C will prevent the development of bladder cancer.

Researches at Tulane found that 250 milligrams a day of Vitamin C in the drinking water of mice kept inserted pellets of 3-HOA from causing tumors, while those without the Vitamin C quickly developed malignancies.

Excerpts from SURVIVAL into the 21st Century

by VICTOR KULVINSKAS

Iridology is a science of the iris, which enables the practitioner to determine from the markings in the iris the reflex condition of the body's organs.

Eyes are mirrors of health. The iris is a center for countless tiny blood vessels, muscle fibers, nerves (which are imbedded into the four pigmented layers of the eye iris) which are linked with every part of the organism via the automatic nervous system. In an unhealthy body, toxins are deposited in the iris. Furthermore, the irritated nerves leave a record in the iris of the condition of the overworked body organs. They are visible as cloudy patches, dark spots and lines.

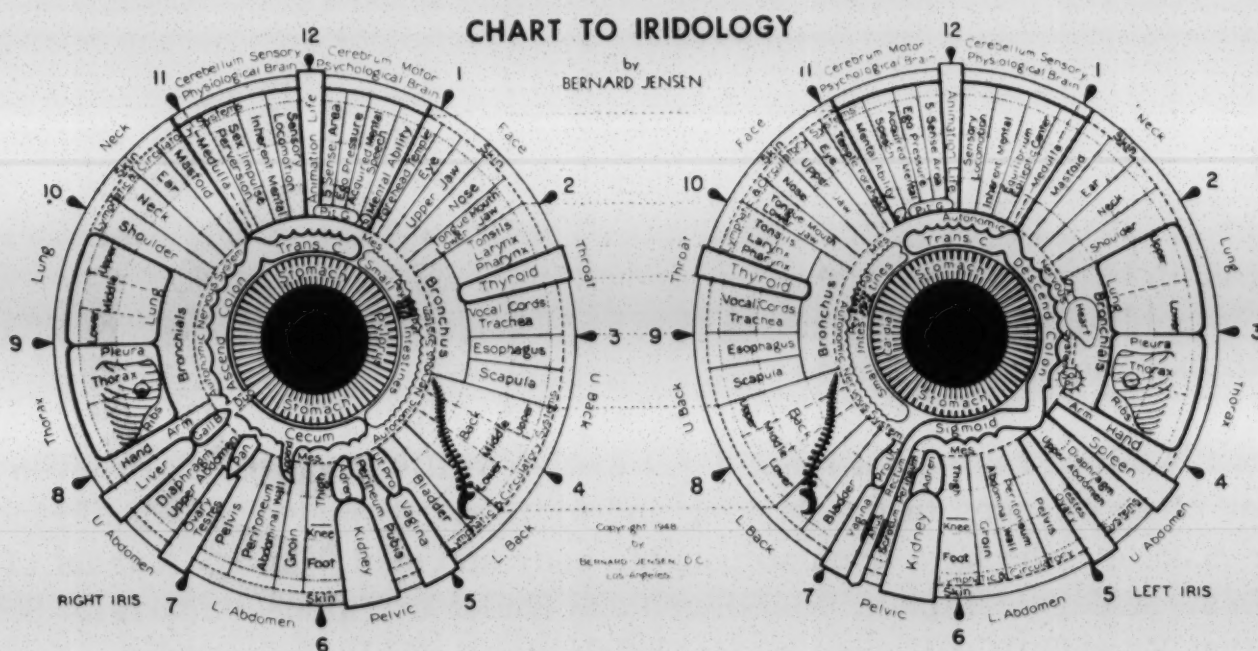
The best explanation for the changes in the iris is provided by the vibration theory. Each organ acts as transmitter. The iris is like a TV receiver tuned into signals from each organ which are mapped onto the iris screen. The vibrations from a continuously overworked organ lead to changes in the in the four layer structure of the iris.

The different stages of disease (inflammation) can be determined by the color value in specific iris area. It goes from stage of acute disease (white) to flu, inflamed (light gray) to subchronic - i.e. asthma, diabetes, heart disorders (dark gray) eventually chronic (black).

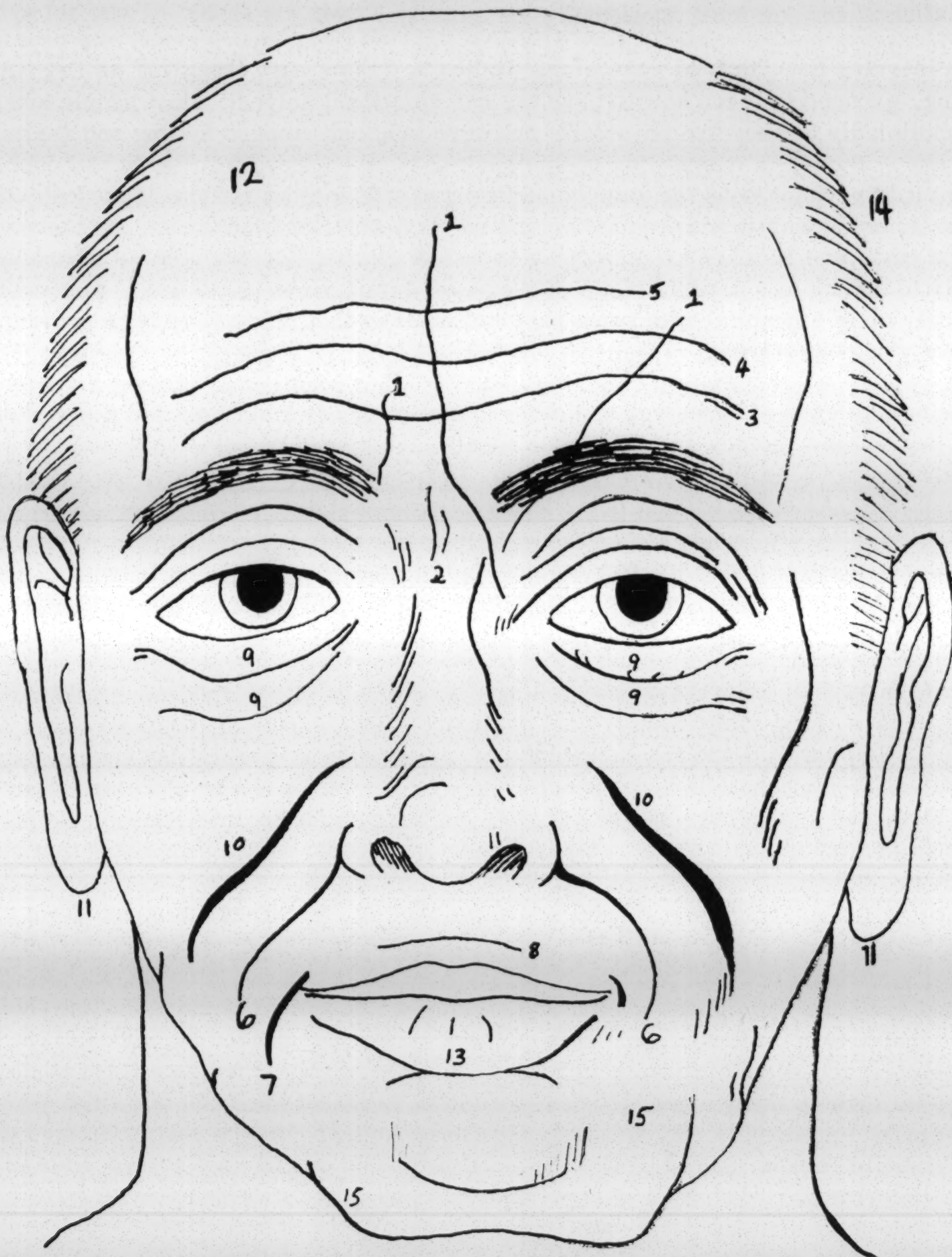
The study of iridology provides a mirror to the internal healing process and effectiveness of the chosen therapy.

As the body regenerates, iris changes in color value. Abnormal spots change from dark or black to a continuously lighter color with change in iris color, you should anticipate healing crisis (acute disease). Eventually, the natural color will return.

The perfect eye, which is rare, shows no flaws - no distortion of fibers, no holes, no deposits, no inherent weakness, and its natural color, either blue or brown.



Physiognomy is the art of analyzing facial features to determine health and character of an individual. The sins committed on your body manifest in the face as lines and sagging tissues. As the internal quality of the body improves, so does the beauty of the face. The only way to remove wrinkles, is to remove the cause of wrinkles, which have very little to do with age. Being happy, eating right, rest, clean environment, service are the face beauticians.



1) Hardening of the liver, 2) Degeneration of the liver and gall bladder from too many acid forming, processed foods, 3) Chronic indigestion from excess, badly combined foods resulted in degerated intestine, 4) Nervous system is breaking down from acid, spicy foods and drugs, 5) Circulation is poor from mucous inducing food, 6) Expansion (temporary) or hardening (permanent) of the liver, 7) Hardening or degeneration of the duadenum, 8) Loss of sexual drive, 9) Pouchiness and or lines. Kidney degeneration from overacid condition. Forerunner to sexual drive extinction, 10) Lung degeneration. May appear as hills, valleys or ravines, 11) Ears close to head with long lobes are signs of a healthy mother. Child will be healthy and happy. No lobes (todays children) indicate short life with many diseases. Can be improved with diet and happiness, 12) Baldness or dandruff. Overacid condition from too much protein, fat or coffee or salt, 13) Swollen lower lip indicates weak muscular tonality or chronic mild indigestion from bad food combination. If not corrected, will lead to expanded larger intestine, 14) Gray hair from too much salt, overacidity, hot cooked foods, coffee, sexual excess, enzyme deficiency, anxiety. To correct condition, change your habits, use sprouts and grass juice, 15) Bulginess, saginess, or looseness of chin and cheek area indicate too much protein, fat and beverages.

Emotions Can Make You Sick

In addition to learning how "to take care of our bodies and think pure thoughts" as Dr. Ann is so often stressing, we need to learn how to care for our emotional selves. Most people are just as clogged up emotionally as they are physically and have long ago stopped feeling and dealing with the here and now. Buried in many of us in this society is much fear, loneliness and confusion. If we are young, it is perhaps near the surface and we are still feeling and trying to deal with our emotions, but if one doesn't learn simple "emotional first aid", age buries deeper the resentment and hurt of the past, and soon we are caught up in unreal games, losing sight of where we are really at, only to end up in a psychiatrist's office years later, (if we are lucky), wondering why we feel suicidal, or in a hospital with some physical disease that might have been prevented had we known more about ourselves.

Learning how to take care of ourselves and others emotionally is a skill not too many people have. The streets, institutions, homes are filled with lonely, frightened people. "The lack of emotional skills is evident everywhere." Charles R. Sturge, Emotional First Aid. It is hard to grow up, let alone live one's life in America without being affected by mental and emotional problems. Every person has emotions but few people have emotional maturity and thus little problems eventually become big ones, small hurts and fears become deeply hidden.

Just as in physical problems where Nature's law stresses prevention of disease -- taking care of the cause not just the symptoms, we must learn to deal with our emotions when they are small and happening, now, instead of when they are seemingly gone. No emotion that is not taken care of ever disappears; these happenings simply rest explosively inside us, only to come out in all sorts of twisted ways. You have all had the experience of, say, being in a store and having a stranger treat you negatively. Perhaps she had a rough time with her husband that morning. Instead of taking care of it then, she comes out sideways at you, leaving you feeling hurt, angry, helpless because you cannot be straight with her. A few hours later you find yourself dumping that reaction on somebody else, and so a typical cycle begins.

"Physical health is inseparable from mental and emotional health. They go up and down together. Every physical pain causes some degree of loss of mental ability and creates an emotional scar. Many emotional wounds do not heal but cause suffering for a lifetime." Charles Sturge. These emotional scars can have their physical effects. I am sure that many doctors and psychologists agree on emotional hookups between diseases. Cancer is perhaps caused by hidden fears and resentments, diabetes, too much bitterness in the way of accepting good feelings from others. In America we go through so many experiences and we have to digest each one otherwise our system becomes constipated emotionally and does not function up to par. "Ulcers are undigested emotional experience." Isabelle Hickey, astrologer. The person with ulcers has not accepted his experiences and spit out his reactions.

In our society where one is always running to the drug store for laxatives and tranquilizers, or to the health food store for the latest wonder-cure, everyone is aware that there is something wrong, but everyone is still going outside for the answer. Meditation and getting in touch with God is the most important thing to do in life, but you can go only so far on the inner levels if you have not taken care of the material levels. This means being straight and honest with your self about how you feel as well as eating right. Even on the purest food trip in the world, a person might be surprised to see that he is still the same "ol Joe" and if he wishes to grow further, some emotional cleansing, introspection and awareness of the way he is becomes necessary. To go through emotional cleansing or to grow up emotionally is a sometimes painful process, and this is why few people ever really take a good look at themselves or others. The same with living foods. Most people do not want to change or even look at their gluttonous nature or go through the cleansing process necessary in this age before one experiences good health.

I am sure many of the people in America when turned on to good organic living would probably say, "why should I be healthy, why should I change?" "why should I want to live longer? theres nothing

for me to live for now". These are the people who have died along time ago emotionally. Then there is the type who doesn't even consider change and is content in his unreal corner of the world, probably getting very little warmth or happiness from anyone but somehow content with the "that's the way it is" attitude.

"Problems are caused by not communicating or by miscommunicating. When an emotional problem is identified, more communication is required. Tell someone your troubles. Go out on the town or go to church. You may need to seek medical or legal advice. It is natural for a person in emotional shock to tend to stop communicating, especially about his problem. He doesn't want to look at or think about where he really hurts!" Charles Sturge

An emotional problem can be anything from having hurt feelings to feeling angry at the man you work for. Remember, emotions do not have to be rational or large, in the beginning they never are. It is amazing how many people suffer in silence because they are afraid that what is wrong doesn't make any sense. You simply feel some way and you want to express it -- well, go ahead and work on developing the type of friends who will listen to how you feel and who you can be honest with. Friends who understand all the odd little ways you are and feel. Keep the channels open for the real warmth and love that comes through when you've shared your weaknesses and your fears, finding out the person likes you anyway (even more, you're much more interesting and real) and besides that gives him a change to share himself with you too.

TB-Control Program Causes 22 Hepatitis Cases, 2 Deaths

A federal snafu resulted in 22 cases of hepatitis — two of them fatal — among Washington, D.C., workers taking an anti-tuberculosis drug, U.S. Senator Abraham Ribicoff charges.

The Connecticut Democrat told *The ENQUIRER* that federal health officials — in what he termed a "shocking example of neglect" — failed to properly supervise use of the anti-TB drug, isoniazid.

"As a result," Ribicoff stated, "Capitol Hill workers were ill-treated in an experimental lab, and 22 persons contracted hepatitis (a liver inflammation disease). Two of them died."

The fatal hepatitis cases occurred in November 1970, after which the Washington TB-control program was halted, admitted federal health officials.

The drug still remains on the market but the U.S. Public Health Service has cautioned the nation's doctors to be wary of hepatitis in patients taking it.

Prior to the two Capitol Hill hepatitis deaths, isoniazid had been characterized as "safe as aspirin," Ribicoff pointed out.

And according to Shirley Ferebee, chief of the TB research section in the Public Health Service's Center for Disease Control (CDC), isoniazid "has undoubtedly saved thousands of TB victims' lives" since it came into use in 1952.

But already a shadow has been cast over what the CDC calls the most widely used, most effective anti-TB drug of the last two decades, with an estimated 12 million people having taken it, hoping to prevent TB. The

... Charges U.S. Senator Abraham Ribicoff



SEN. ABRAHAM RIBICOFF

CDC had recommended distributing isoniazid in a TB prevention program on Capitol Hill after 7 cases of active TB were discovered among cafeteria workers there in early 1970.

Under the prevention program, 13,000 Capitol Hill employees were given tuberculin skin tests and 2,300 who showed positive results were given isoniazid in 300-milligram tablets, Ribicoff recounted.

He said this was done "even though very few of those who show positive results on the skin test actually have TB.

"In fact," Ribicoff added, "statistics show that only one out of every 1,400 people who have a positive reaction has this disease." Among the

more than 2,300 given isoniazid, 22 developed hepatitis, the senator said.

"Two of those, Timothy Bleck, a reporter for the St. Louis Post-Dispatch, and Robert Stuckey, a television newsman, died of hepatitis after taking isoniazid. So the Capitol Hill program was a disaster," Sen. Ribicoff asserted.

He said he asked the General Accounting Office, a congressional investigative agency, to look into the CDC's isoniazid testing program over the years.

"The General Accounting Office found a shocking example of neglect," Ribicoff reported, "a total and knowing failure by federal agencies to abide by legal requirements, and a permissive attitude about using people for medical experiments."

Among "legal requirements" not adhered to, the senator said, was the CDC's failure to keep the Food and Drug Administration (FDA) informed about CDC's isoniazid test program on human subjects between 1964 and 1970. This involved the testing of 300-milligram tablets, triple the strength of those previously approved.

"FDA never knew what happened to the 6,000 people CDC was experimenting with," Ribicoff charged, "because CDC never told the FDA anything about its results. And on two occasions, the FDA requested such information.

"Many persons who were given the drug were told by CDC doctors there would be no side effects.

"One patient remembers a CDC official describing the drug with the

Raw Foods When you bite into an apple or a pear, does the remaining portion you hold in your hand show blood spots? Or when you brush your teeth, are you shocked by a "red toothbrush"? Bleeding gums often lead to pyorrhea, a disease widely found in civilization.

In many cases, bleeding gums are caused by a buildup of tartar along the gumline. Very often there is a crust of tartar between the gums and the teeth, which causes the gums to recede. If you have this problem, we believe it is very important that the teeth get thoroughly cleaned by a good dentist and that you then stick to a proper raw food diet program to avoid further trouble.

We are convinced that tooth decay, bleeding gums, receding gums and pyorrhea are the direct results of the long use of devitalized, cooked foods. The present-day cooked foods, demineralized, refined, and devitalized, can only bring sickness to the body.

More than 20 million Americans are totally without teeth, and millions more suffer with decaying teeth. Since the first signs of degeneration show up on the teeth, this is enough proof that there is something very wrong with the way most people eat.

Since cooked food does not supply us with the body-building elements the body needs in order to function well, we should all understand clearly why we get sick and we should also understand that we can be healthy and well if we eat the right foods.

If you have tooth troubles, we recommend the following: 1) get your teeth cleaned by a good dentist to get all possible tartar buildup removed, especially along the gum line and between the teeth. It is very important to have the dentist remove all tartar to avoid future troubles. 2) buy yourself a good electric toothbrush, which will clean the teeth much better and faster than the regular toothbrush. An electric toothbrush will massage the gums effectively. Follow the instructions that come with the toothbrush. Do not use the commercial toothpaste because it is full of chemicals which could harm your teeth and the tender linings in your mouth. In your health food store, you can find a good herbal toothpaste which cleans effectively and refreshes the taste. Health stores also carry excellent toothpowders, often made with papain. 3) Massage your gums with your fingers, starting with a light pressure, to strengthen the gums. A fast and effective method to strengthen the gums is a water pick. Start with a light water pressure and slowly move the pick along the gum line and between the teeth. As you get used to the water pick, the water pressure can be increased, but it is not necessary to use the highest setting. A water pick not only conditions the gums (after the tartar has been removed by the dentist) very effectively, but it also removes food particles the toothbrush cannot reach. It is advisable to use lukewarm water in the water pick container. 4) Start a good raw food diet program with plenty of fruits and vegetables, which have to be chewed such as apples, carrots, etc.

Fresh raw foods contain the highest possible nutritive value, and this cannot be improved through cooking, baking or frying. -- Thorwald and Shirley Boie

Comment: It is important to use organically grown, uncooked vegetables for real nourishment.

I have been in contact with many vegetarians who have adopted uncooked vegetable diets and they all seemed worse off than if they were using the conventional food. They were getting deflated and chemicalized food. This problem was most frustrating. My suggestion is that if you cannot obtain organically grown vegetables and fruit, it is better to use sprouts and home-grown greens. Anyone can raise this kind of nourishing food at very little cost and through its use be enabled to keep healthy. If the body is healthy, there should be little or no trouble with teeth or gums. Gum ailments come generally from an acid condition, and to folks who drink much coffee or eat too much inorganic citrus fruit.

Here are fifteen reasons why I believe that America is the Promised Land, the Israel of God:
written and published in "Showers of Blessing", August, 1958.

1. A NATION BORN IN A DAY: "Who hath head such a thing, who hath seen such things? Shall the earth be made to bring forth in one day? for shall a nation be born at once? for as soon as Zion travailed, she brought forth her children." (Isa. 66:8). The United States of America was born in one day, that day was July 4, 1776.
2. THE NATION TO PROCLAIM LIBERTY: "Proclaim liberty throughout all the land unto the inhabitants thereof" (Lev. 25:10). These words engraved and molded in iron on the Liberty Bell - and when that bell rang on July 4, 1776, liberty was proclaimed for the first time in the world.
3. THE NATION TO BE RULED BY THE JUDGES: "I will restore thy Judges as the first, and thy counselors (law makers) as at the beginning" (Isa. 1:26). Ancient Israel in her beginning in Palestine the typical promised land was ruled by Judges. Never after the last Judge Samuel ruled Israel was any nation again ruled by Judges until the United States of America established the judges of the Supreme Court giving them full and final authority on all legal matters in the nation.
4. THE NATION TO LOAN TO MANY AND BORROW FROM NONE: "Thou shalt lend unto many nations, and thou shalt not borrow" (Deut. 28:12). The United States of America has loaned money and supplied goods to every nation on earth and has borrowed from none.
5. THE NATION TO BE GREAT IN AGRICULTURE, MANUFACTURING AND PRODUCTION: Fruit, grain, cattle, sheep, storehouses (Deut. 28:1-3) gold, silver, goods (Eze. 38:13) all of this applies to the United States.
6. A NATION GATHERED OUT OF MANY PEOPLE: "Gathered out of many people" to inhabit the places that have been "waste" and to be a land of "unwalled villages," waste places to be inhabited by the people that are gathered out of the nations". (Eze. 38:8-12). America was and is made up of people gathered out of the British Isles and out of every nation of Europe. There are no walled villages in America. Washington, Oregon, Idaho, Montana, Utah, Nevada, Colorado, New Mexico, Arizona, California and Texas were one "waste" land, deserts and mountains that are now inhabited.
7. A NATION DIVIDED BY RIVERS: "Whose land the rivers divide" (Isa. 18:2). There are as many rivers in the United States of America as there are in all the rest of the world. This land is divided by the Hudson, Ohio, Missouri, Mississippi, Platte, Arkansas, Colorado, Snake, Clearwater, Columbia and dozens of other rivers too numerous to mention.
8. "A NATION METED OUT AND TRODDEN DOWN": (Isa. 18:2), that is measured by line. In 1802 America was the first nation on earth to be surveyed and meted out by measurements laid by the North Star.
9. "A NATION SCATTERED AND PEELED" (Isa. 18:2). This is properly translated "A nation of tall men, clean shaven." In the First World War America had 10,000,000 men in uniform, the tallest people per capita on earth and more smooth faced men than any other nation.
10. "A NATION THAT SENDETH AMBASSADORS IN VESSELS OF BULLRUSHES" (Isa. 18:2). Vessels of bullrushes is literally water drinking vessels or steamboats. The steamboat was invented in America by Robert Fulton and James Ramsey -- and we were the first to send Ambassadors across the sea in steam boats.
11. "A NATION SHADOWING WITH WINGS" (Isa. 18:1). The airplane was invented in America by Orval Wright and we were the first nation to be shadowed with wings -- we have already manufactured more airplanes than all the rest of the world and we now have more airplanes than any other nation on earth.

12. A NATION IN WHICH THE AUTOMOBILES JOSTLE ONE AGAINST THE OTHER. "The chariots shall rage in the streets, they shall jostle one against another in the broad ways: they shall seem like torches, they shall run like lightnings." (Nahum 2:4). The automobile was invented in America, was first manufactured in America and the United States of America today has more automobiles than all the rest of the world combined.

13. A NATION NEVER TO HAVE A FAMINE OR BE HUNGRY and in which "showers of blessing" as to be given to the world. "And I the Lord will be their God, and my servant David a prince among them; I the Lord have spoken it. And I will make with them a covenant of peace, and will cause the evil beasts to cease out of the land: and they shall dwell safely in the wilderness, and sleep in the woods. And I will make them and the places round about my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing. And the tree of the field shall yield her fruit, and the earth shall yield her increase, and they shall be safe in their land, and shall know that I am the Lord, when I have broken the bands of their yoke, and delivered them out of the hand of those that served themselves of them. And they shall no more be a prey to the heathen, neither shall the beast of the land devour them; but they dwell safely, and no one shall make them afraid. And I will raise up for them a plant of renown, and they shall be no more consumed with hunger in the land, neither bear the shame of the heathen any more. Thus shall they know that I the Lord their God am with them, and that they, even the house of Israel, are my people, saith the Lord God. And ye my flock, the flock of my pasture, are men, and I am your God, saith the Lord God." (Eze. 34:24-31).

There has been no starvation among the people of the Anglo-Saxon or white race since the first colony settle here. There has been no starvation in any race or color on the continent since the U.S.A. was born on July 4, 1776. There was never a famine in America. Food from the United States kept Europe from starving after World War I and after World War II again and again. American food has prevented starvation in Europe and Asia.

The potato is an American plant. Once we shipped enough potatoes to Ireland to keep them from starvation in the time of the Irish famine. Since then the potato has been known as Irish Potatoes.

14. THE NATION TO BE THE HEAD AND NOT THE TAIL. 'Yahveh shall make thee the head, and not the tail; and thou shalt be above only' (Deut. 28:13). The United States of America is by far the greatest and most prosperous nation that has ever existed on this earth. When you think that we gave to the world the steamboat, the automobile, the airplane, the reaper, the cotton gin, the telegraph, the telephone, the electric light and a half a million of the other leading useful inventions it makes you know that we have never been behind but always ahead of the rest of the world in scientific inventions.

Without these American inventions no nation on earth could have advanced and without these inventions that are wholly American, the world would have starved to death and even today if these American inventions were taken away from Russia, Europe, Africa and Asia, the people would starve in less than five years.

15. A NATION TEACHING THE CHILDREN. "It is written in the prophets, and they shall be taught of God" (John 6:45). "All men...to come unto the knowledge of the truth" (I Tim. 2:4).

The American free public school system of the United States has set an example for all the world -- and has done more to abolish ignorance and illiteracy than any other institution on earth. The free public school system is the greatest blessing any nation ever gave to people.

CONCLUSION: These are only 15 simple points or reasons why I believe the United States of America is Israel. There are hundreds of reasons that I could go on giving from the Bible and prove by history that America is Israel. But just these simple reasons should stir up your minds and cause you to thank Yahveh that you are in America. In this time of crisis when it looks like the nation has broken loose from its bearings -- let us do all we can to win our National leaders and people back to true loyalty to this nation and real Americanism.

Why Compost? For years it has been known that many trees and plants (perhaps all) form an association with fungi. The root of the plant is penetrated by filaments of the fungus to such a degree that it was once believed that the fungus was attacking the plant to its detriment. It was found later that this association, called mycorrhiza, is highly beneficial to the plant and, for a time, to the fungus as well, but finally the larger plant consumes the smaller.

The natural food of a fungus is organic matter. In fact, in the absence of organic matter it cannot grow. The reason for this is that the framework of fungus consists, as in the case of all plants, largely of carbon, and since a fungus contains no chlorophyll it cannot make use of the carbon dioxide in the air to build its framework but must obtain its carbon direct from organic (i.e. carbonaceous) matter.

It isn't merely a question of getting the soil in better physical condition, of making it more retentive of moisture, of preventing it from baking. All these matters are important, but probably far more important than any of them is the need for providing food for fungi and other organisms so that the plant can obtain the chemical bodies which protect it from disease.

A fungus is a plant just as much as a lettuce is, and when we sprinkle chemical fertilizers on the soil we are sprinkling them directly on the myriads of organisms growing in the soil. When the fertilizers are followed by rain or by watering, a solution of high concentration sinks into the soil and soaks into the fungi and other organisms. If chemicals will cause a lettuce to wither, what will they do to the delicate filaments of a fungus? We destroy the organisms that provide the plant with protection against disease. That is why chemicals are invariably followed by disease.

Perhaps the plant can best obtain its protection the natural way -- by absorbing antibiotics through the digestion of fungi by its roots. Or it may be that full protection cannot be obtained by the absorption of a single antibiotic, but that many different types are necessary.

In the matter of antibiotics the position we are in today is similar to that in which we found ourselves about 30 years ago with regard to vitamins. The first suggestion that there existed in food something in the nature of a vitamin was made as long ago as 1881. In that year, an investigator made up an artificial milk. He fed it to mice and they should have flourished on such a scientifically prepared food. But, most disconcertingly, they ate the food and quietly died. And so the wise investigator decided that "a natural food, such as milk, must therefore contain, besides these known principal ingredients, small quantities of unknown substances essential to life."

There are already indications that events will take much the same course with antibiotics. The public hears mostly of penicillin, streptomycin and aureomycin, but many more are known to exist and there is no reason to believe that discoveries are anywhere near their end; in fact, it is more likely that we have scarcely got beyond the beginning.

It would seem, then, that for a time, at least, and perhaps forever, we shall do better to leave this matter of protection against disease to nature. Our best line is to determine by experiment how to condition the soil so that the maximum production of antagonists will result; after that, we can leave it to the plant to help itself. Given the chance, it will absorb all the antibiotics it needs to keep it free from disease.

There is plenty of experimental work to be done -- enough to keep an army of agricultural experts busy and happy, if only we can wean them away from their poisons. Their aim must be to preserve health, not to destroy disease. -- Leonard Wickenden, F.A.I.C.

Comment There are no more valuable assets in the earth than precious treasures in the form of earthworms. They are worth their own weight in gold. Anyone finding them in their garden should realize that their earth is balanced.

Pioneers of the New Age: Jung vs Freud Carl Jung, much maligned and little understood Swiss doctor, analyst and philosopher, was often accused by his less perceptive critics of "deifying the soul". It has already been done," was Jung's constant and complacent reply, the result of half a century of research into the nature of man, mind, consciousness, and religious experience. Far from being a one-dimensional thinker, he was rich in intuitive perception fortified by his Yoga study, yet grounded in the most objective scientific integrity.

When he began to realise, early in his career, that much more existed within man than his teacher Freud envisioned, he split from the Freudian school with its accent on libido and the repressions of the personal subconscious and began a life-long investigation of the mechanics and experiences of the higher mind, or soul.

Sigmund Freud never forgave Carl Jung his apostasy, nor could he admit that the remarkable world of superconscious experience explored by the latter was anything more than hallucination, or regression into the subconscious.

The Greater Self

The rational ego was for Freud the centre of man's being, the most evolved form of consciousness. But Jung broke down the doors of this limited rational world, letting in light from the world of intuition, imagination, perception, mystic vision. The Self, "comprising all conscious and unconscious processes" was to be sought at the core of man's personality and transcended the existing personality, according to Jung. It was precisely this expanded concept of man which led to Freud's rejection of Jung, and which freed the younger man to enter without inhibition the main stream of his life's work.

Before Jung's work in what is now called depth psychology, the soul was rigidly and dogmatically defined. Theologically, there was nothing more to know about it other than its already existing definitions. The Swiss analyst changed that, too. In the soul ("Inner attitude") of man are the feminine tendencies. In the soul of woman are to be found masculine tendencies. Carl Jung came to these conclusions partially through his own analyses, but in large part, too through his study of Eastern mysticism, and especially Chinese Yoga. In the 1920's Dr. Jung became deeply interested in the illuminating experiences of the Chinese mystics, and later collaborated with Richard Wilhelm, the German sinologue, in a translation and commentary of the T'ai I Chin Hau Tsung Chih, better known as the Secret of the Golden Flower. Wilhelm was the first westerner in this century to bring the attention of European scientists to the therapeutic values of Eastern Yoga.

Carl Jung had long noticed that his patients were having remarkable experiences in the inner realms of consciousness. Rather than dismissing them, as Freud had done, as being merely hallucination, he suspected that they pointed to new and valid areas of the human mind, and to the necessity of redefining the Self. He was convinced when he found identical experiences and symbols in Chinese Yoga philosophy. "The Western man for whom I write finds himself ignorant of his own apparatus, wrote Jung. Therefore it seemed important to me to emphasise the agreement between the psychic conditions and the symbolism of East and West, because, by means of these analogies there is opened a way to the inner chambers of the Eastern mind."

John Perry, a Jungian analyst in San Francisco who once studied with the master in Zurich, says, "Jung's appreciation of meaningful religious content in the psychic experience of his schizoid patients helped mould his revolutionary concept of the Self. The schizoid personality often experiences dramatic religious imagery, but cannot relate it usefully to his everyday life. Jung taught us how to relate much of this archetypal imagery to a greater Self-Realisation. He rather preferred working with more normal types."

Dangers of Imitation

But he warned loudly of the dangers of mere imitation. It was unthinkable to him that a Westerner should uproot himself from his culture and attempt a new balance in the purely subjective world of Eastern contemplation. Both East and West could well afford to learn from each other, he felt.

In the last years of his fertile life, Jung gave his attention to the relationship between religious symbols and the individual psyche. The worship of Christ as an external figure rather than internal reality he decried as a pagan practice: "Too few people have experienced the divine image as the innermost possession of their own souls...the inner man has remained untouched and unchanged."

The Secret of the Golden Flower he found analagous to Indian Kundalini Yoga. The entire treatise, translated by Wilhelm, teaches of the awakening of the Inner Light, its circulation, sustaining and golden flowering in the creation of the spiritual body (Christus). The immortal body, according to the path of Chinese transmutation, absorbs the ego at death, and together they return to the undivided One.

Familiar with Phenomenon

Jung, in commenting upon the Light experiences of several modern "mystics" says, "I know a few individuals who are familiar with this phenomenon from personal experience. It seems to have to do with an acute condition of consciousness as intensive as it is abstract....The general bodily sensations disappear...their specific energy has been withdrawn from them, and has gone towards heightening the clearness of consciousness. As a rule, the phenomenon is spontaneous, coming and going on its own initiative. Its effect is astonishing in that it almost always bring about a solution of psychic complications, and thereby frees the inner personality from emotional and imaginary entanglements, creating thus a unity of being, which is universally felt as a release."

Experience in the Light

Of the many religious images investigated by Jung, the one which captivated him most was that of Light. In a 1954 paper titled "On the Nature of the Psyche," he gleaned evidence from alchemical and philosophical writings, both Eastern and Western of the universal nature of the experience of the light. Jung found it referred to as the Solar Body, the natural Light, the Star, the primal spark, pearl of great price, etc. "Psychologically," says Jung, "the one Scintilla or Monad is to be regarded as a symbol of the Self."

Because Western man continues to externalise all his religious symbols, failing to see to what extent the sacred images are within him, the soul seems to him an empty and nebulous thing. "It is this prejudice," continues Jung in a 1953 paper, "which impels the Protestant interpreters of the Bible to interpret *entos humon* (referring to the Kingdom of God) as 'among you' instead of 'within you'."

Casting one's sins on an external Christ seemingly allows one to evade his deepest responsibilities Jung noted. "If the supreme value (Christ) and the supreme negation (sin) are outside, then the soul is void; its highest and lowest are missing. The Eastern attitude, more particularly the Indian, is the other way around: everything, including the highest and lowest, is in the subject. Accordingly the significance of the Self is heightened beyond bounds. But in Western man the value of the Self links to zero."

The Self and God

In the last years of his life, Jung became fascinated with the phenomenon he called "the voice", which he observed with great frequency in "dreams and other peculiar states of consciousness". Jung found a number of people whose lives suddenly took on religious meaning after hearing a voice provide answers to life-long problems, often "upsetting cherished intellectual and rationalistic prejudices" in the process. The voice's superior perceptions Jung found to be entirely outside the rational ego's understanding; this he regarded as the intuitive faculty or superconscious.

Carl Jung's most significant conclusion from the study of dreams, visions and other experiences in consciousness in which a "voice" appears, is that in the unconscious it is understood, even by people with no philosophical or religious background, that God is the Reality within man.

As early as 1937, Carl Jung stated in A Yale University lecture, "The modern psyche points directly not only to the God within, but to the identity of God and man." --by Subramuniya

You CAN Stop Being a Procrastinator The most rewarding New Year's resolution that I managed to keep was one I made years ago: to stop being a procrastinator. In those days I was a confirmed putter-offer. I hated to make decisions, avoided difficult or unpleasant tasks. The more demanding a pressure or obligation became, the more I tended to delay facing it. I was in real danger of becoming completely swamped.

The warning got to me and I resolved to lick the problem. In the process, I hammered out some guidelines that any chronic putter-offers may find helpful. Here they are.

Stop regarding procrastination as a harmless little hang-up. Businessmen fail because they put off making key decisions. Marriages disintegrate because a wife can't seem to get around to doing housework. People die because they put off going to the doctor. Procrastination isn't just an inconsequential bad habit; it's a villain that can thwart your ambitions, destroy your happiness, even kill you.

Pick one specific area where procrastination plagues you -- and conquer it. Quite often I get requests for speaking engagements that I know I cannot accept. But I hate to turn people down, and I used to put off such decisions -- until it was too late to back out. When I finally got myself to make a firm decision quickly, I was a much happier person -- and so were the people who had to deal with me! If you can thus break the hold that procrastination has in one segment of your life, the sense of relief and triumph will help you eliminate it from others.

Learn to set priorities and then focus one problem at a time. Once the mind accepts the discipline, the needed power will flow. Above all, it's necessary to concentrate. One day, in Grand Central Station, I watched the man behind the information desk. People crowded around him, clamoring, demanding, but he never became flustered. He would pick out one person, look directly at him and answer his question slowly and deliberately. He never shifted his eyes, never paid the slightest attention to someone else until he was finished and had singled out his next questioner. When my turn came I complimented him on his poise and concentration. He smiled and said, "I've learned to focus on one person at a time and to stick with his problem until it's settled. Otherwise I'd go mad." It's a lesson that all procrastinators must learn.

Give yourself deadlines. Invite a couple over to admire that room you have been meaning to paint; your pride will make you finish it before they come. It's much harder to be a public procrastinator than a private one!

Don't duck the most difficult problems. I used to put off all my difficult correspondence and only answer the nice and easy letters. As a result, I would have a large pile of unanswered letters and have to work frantically into the night in an attempt to catch up. One day a psychiatrist told me that I was making a mistake and should not duck the difficult letters. He advised me to tackle them head-on saying that the lift I got would carry me right through the remainder of the task. I tried it -- he was right.

Don't let perfectionism paralyze you. Lots of people fail to act because they're afraid they may not perform perfectly. Just the other day a woman said to me, "I've been meaning to write a note to a friend whose husband has died, but I don't know how to write a letter of condolence. I don't know how to express how I feel."

When I asked her how she felt, she replied, "Deeply sorry,"; "That's all you need to say I told her. "Your friend doesn't want a literary composition; she just wants to hear a few words from your heart."

These then are some of the devices I used to rid myself of procrastination. What it amounted to was a basic change in attitude. I finally realized the rewards of achievement are far sweeter than the rewards of self-indulgence.



Enzyme Protein: This food is easy to digest. It can be handled by persons with very difficult digestive problems. Often these sufferers cannot digest protein and generally they eat very light food and as a rule do not get sufficient nutrients to keep up strength and weight. They usually are thin.

Grind one cup of unhulled sesame seed in small grinder very fine. Add to this enough rejuvalac and place in blender and blend to mayonnaise consistency. Sprinkle some kelp in it to taste. Leave this without refrigeration for two or three days--until it is fermented. This can be used on salads or as is or even with wheatgrass chlorophyll added to it. This is especially for folks who cannot tolerate the chlorophyll alone.

Sesame Coconut Blend Half cup of fresh ground coconut. Half cup of sesame seed, ground fine. Half cup of honey. One cup of sprouted wheat, ground fine, mixed with cup of chopped fine nuts of your own selection. Make it into a roll, wrap it up in waxed paper and place in refrigerator. If sticky, sprinkle coconut over this roll. As needed, slice in one or two inch pieces.

Uncooked Corn Soup Blend a cup of fresh corn, cut from the cob with one cup of water. Add to it half a cup of bean sprouts, half a cup of sliced -- uncooked -- mushrooms and five sliced water chestnuts. Season with your favorite seasoning -- onion or vegetable powder.

Avocado Soup Two cups of wheat milk. One large avocado, sliced and blended. Chopped chives with a little paprika over it. It might need other seasoning. Be sure it tastes good.

Lentil soup This may be utilized for a full meal or just a "pick-up". One cup of slightly sprouted lentils, one large finely chopped onion, 1/2 cup chopped celery. Half cup of either parsley or buckwheat lettuce. Two cups water. Two tablespoons of Soya oil or other favorite oil. Half teaspoon sweet basil. Cup up dulse and kelp to sprinkle over it to taste. You may also slice into it a medium size potato, not cooked. The soups you make should always have added to them warm water.

Organic Catsup One cup of water in a blender. Two tablespoons of honey. Two tablespoons of lemon juice. One tablespoon of grated onion. Half cup of sesame oil. Kelp. Drop in your blender two cut up tomatoes as it moves. Make as thick as possible. Be sure you taste before serving. It should be delightful. Remember, the regular catsup has preservatives in it -- dangerous to digestion.

Fruit Pie Grind up one cup of raisins, one cup of dates, skins of two organically grown oranges. One cup of nuts. If cashews are used -- soak over night and cut up before using. Half cup of honey. One teaspoon of cinnamon. And any other seasoning you may prefer. Do not use any crust. Just place on pie-plate and slice.

Cottage Cheese for Health Soak one cup of cashew nuts over night. Next day, after keeping the nuts a full day without water, you should find them slightly fermented. Place warm water in your blender and drop in nuts. Blend thoroughly. If they do not taste like cottage cheese and smell like it, keep them soaking a little longer.

Perfect Facial Pack If you wish to remove wrinkles and blemishes, take a teaspoonful of unheated honey between the palms of your hands and rub into your face. Leave for an hour, or even overnight while your husband is away. In the morning, remove with warm water. I find the best honey to use is dark cactus honey. One teaspoonful in a glass of warm water is also a good "pick me up."

HELPFUL ADDRESSES TO NOTE

Chiropractor, Hygienist: S. S. Bass, D. C., 3119 Coney Island Ave., Brkln, N.Y., Phone NI8-1500

Organically-grown wheatgrass mailed anywhere for \$3 per pound, plus postage, \$2.50 at the house. M. E. Kellog, 1055 San Dieguito Drive, Encinitas, California, 92024.

The Ogden Aquaflo Water Purifier removes bacteria and other things of a harmful nature from practically any non-salt water supply, no matter how contaminated. Many models from \$19.95. Details from Howard Smock, 3038 Eureka Road, Ashtubula, Ohio, 44004

Organic wheatgrass from Charles R. Underhill, Jr., Butts Bridge Road, Rt. 2, Box 153, Canterbury, Connecticut 06331. \$2.50 at the house. Stamped addressed envelope for further information.

Anyone in New Orleans wishing to purchase wheatgrass, contact Ron Gasper, 2509 No. Derbigny St., New Orleans, La. 70117.

An ideal hand-driven juicer for wheatgrass! Easily cleaned and does the complete job. \$24.95 post paid in the U.S.A. Write for details to Ruth DeFrain, 876 Beacon Street, Newton Center, Mass.

Live Food Kit! Wheatgrass juicer, vegetable shredder (3 blades), electric nut grinder and blender (575 watts, 3/4 hp. 5 year guarantee), receipes, sprouting seeds - all for \$60, plus postage. Organic seeds, wheatgrass and sprouts. Books: Essene Jesus words on health. The Long Life Cookless Cookbook, etc. Write Living Foods, Box 239, Astor Station, Boston, Mass. 02123

Organic Gardens. Use Alaska Fish Fertilizer on everything that grows. Contact Norm Raese, Midtown Sales, 1315 Pearl Road, Brunswick, Ohio 44212.

Soil for wheatgrass. Dark and fertile. No poisons ever used as seed-treatments, weed or insect sprays or fumigants. Price \$7.50 per hundred pounds at freight office. Pay freight upon arrival. Ted A. Whitmer, Bloomfield, Montana 59315.

Wanting earthworms? Contact Missouri Earthworm Hatchery, Rt. No. 1, Bourbon, Mo. 65441.

Wheat Grass Manna. 2 lbs \$2.40, 5 lbs \$5.00. Atherton, 551 Lytton Ave., Palo Alto, Calif. 94301

ELECTRIC WHEATGRASS JUICER Extracts juice the natural way. No high speed spinning which causes oxidation of enzymes. Grass is thoroughly crushed and scueezed then the juice is separated from pulp. Send for free brochure to: Carpools, Inc. 55 Stevens Street, White Plains, N.Y. 10606

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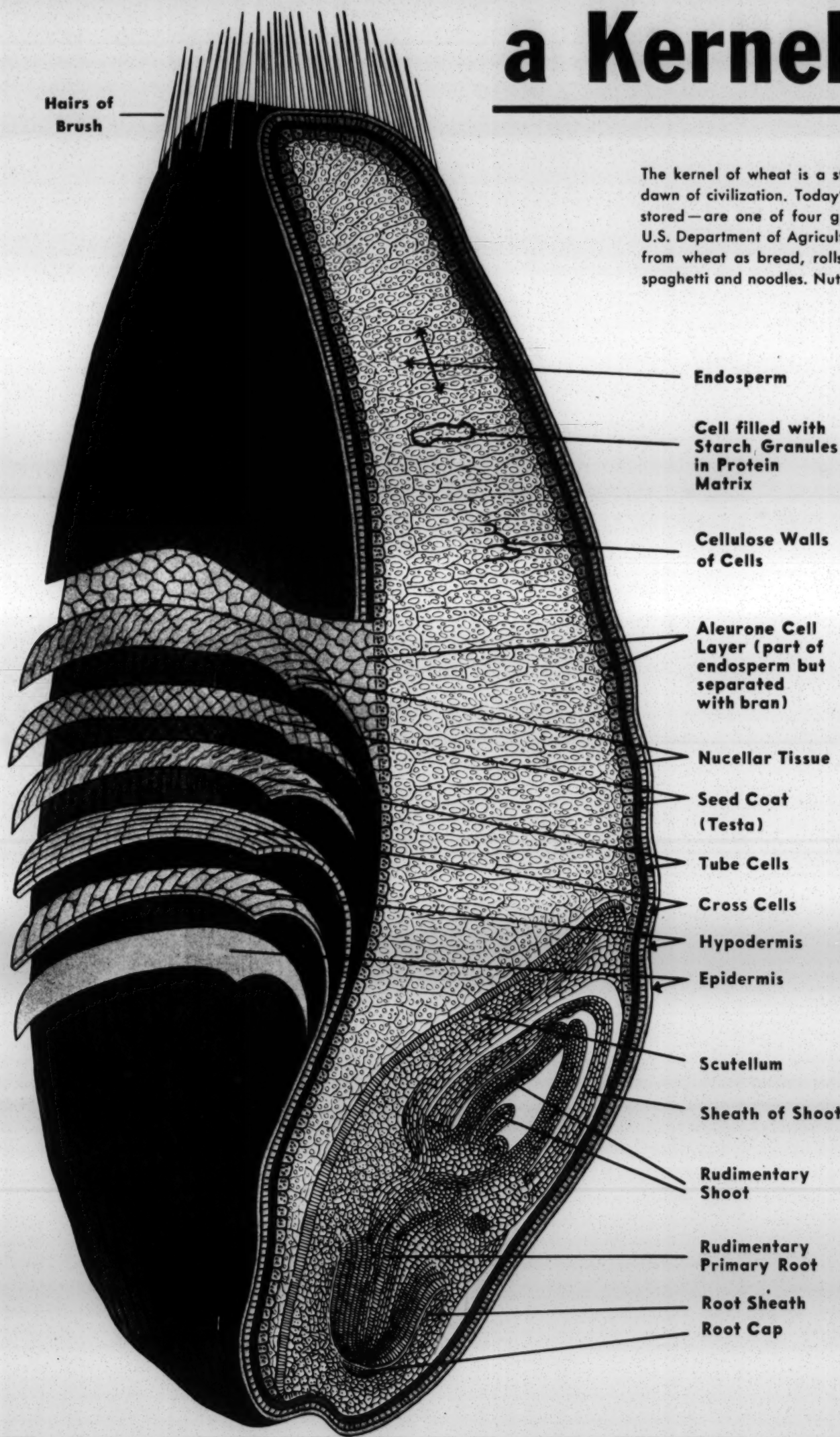
Organically grown wheatgrass, \$2.75 per pound. "Pick-ups" desired. F. Shay, 94 Newton-Sparta Road, Newton, New Jersey 07860. Phone (201) 383-9887. (5:00 to 9:00 PM)

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For wheatgrass, contact Raymond Barker, 1902 14th Street, Rock Valley, Iowa.

a Kernel of Wheat



The kernel of wheat is a storehouse of nutrients needed and used by man since the dawn of civilization. Today's bread, flour and cereals—enriched, whole grain and restored—are one of four groups of food recommended for optimum nutrition by the U.S. Department of Agriculture. This popular, low-cost group includes such foods made from wheat as bread, rolls, biscuits, muffins, pancakes, breakfast cereals, macaroni, spaghetti and noodles. Nutrients listed below are considered essential in human diet.

ENDOSPERM

... about 83% of the kernel

Source of white flour. Of the nutrients in the whole kernel the endosperm contains about:⁽¹⁾

70-75% of the protein	} B-complex vitamins
43% of the pantothenic acid	
32% of the riboflavin	
12% of the niacin	
6% of the pyridoxine	
3% of the thiamine	

Enriched flour products contain added quantities of riboflavin, niacin and thiamine, plus iron, in amounts equal to or exceeding whole wheat—according to a formula established on the basis of popular need of those nutrients.

BRAN

... about 14½% of the kernel

Included in whole wheat flour but more often removed and used in animal or poultry feed. Of the nutrients in whole wheat, the bran, in addition to indigestible cellulose material contains about:⁽¹⁾

86% of the niacin
73% of the pyridoxine
50% of the pantothenic acid
42% of the riboflavin
33% of the thiamine
19% of the protein

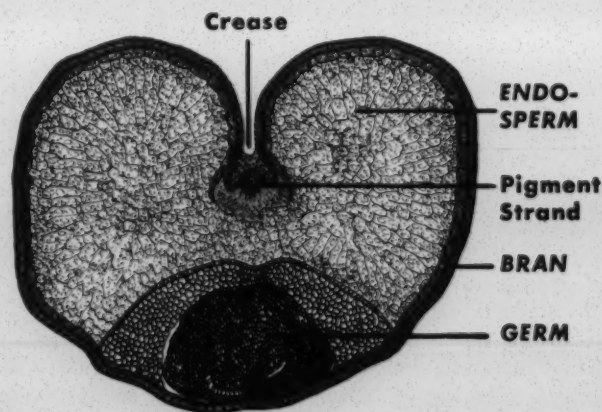
In animal and poultry feeds, these nutrients are available. In human diet, the cellulose material of the bran tends to speed the passage of food through the digestive tract—making the total nutritive contribution less than from enriched white flour products.

GERM

... about 2½% of the kernel

The embryo or sprouting section of the seed, usually separated because it contains fat which limits the keeping quality of flours. Available separately as human food, but usually added to animal or poultry feed. Of the nutrients in whole wheat, the germ contains about:⁽¹⁾

64% of the thiamine
26% of the riboflavin
21% of the pyridoxine
8% of the protein
7% of the pantothenic acid
2% of the niacin



Cross Section View

The above suggestions point out just how to use wheat kernels. However, when they are cooked, the elements these seeds contain are dead and they do not build health in the body when eaten. This proves how misleading such instructions on health can be. The experiments on food generally are made before these foods have been tampered with and that is why these experiments bring to light certain things that are not received in the food eaten after it has been killed by heat.

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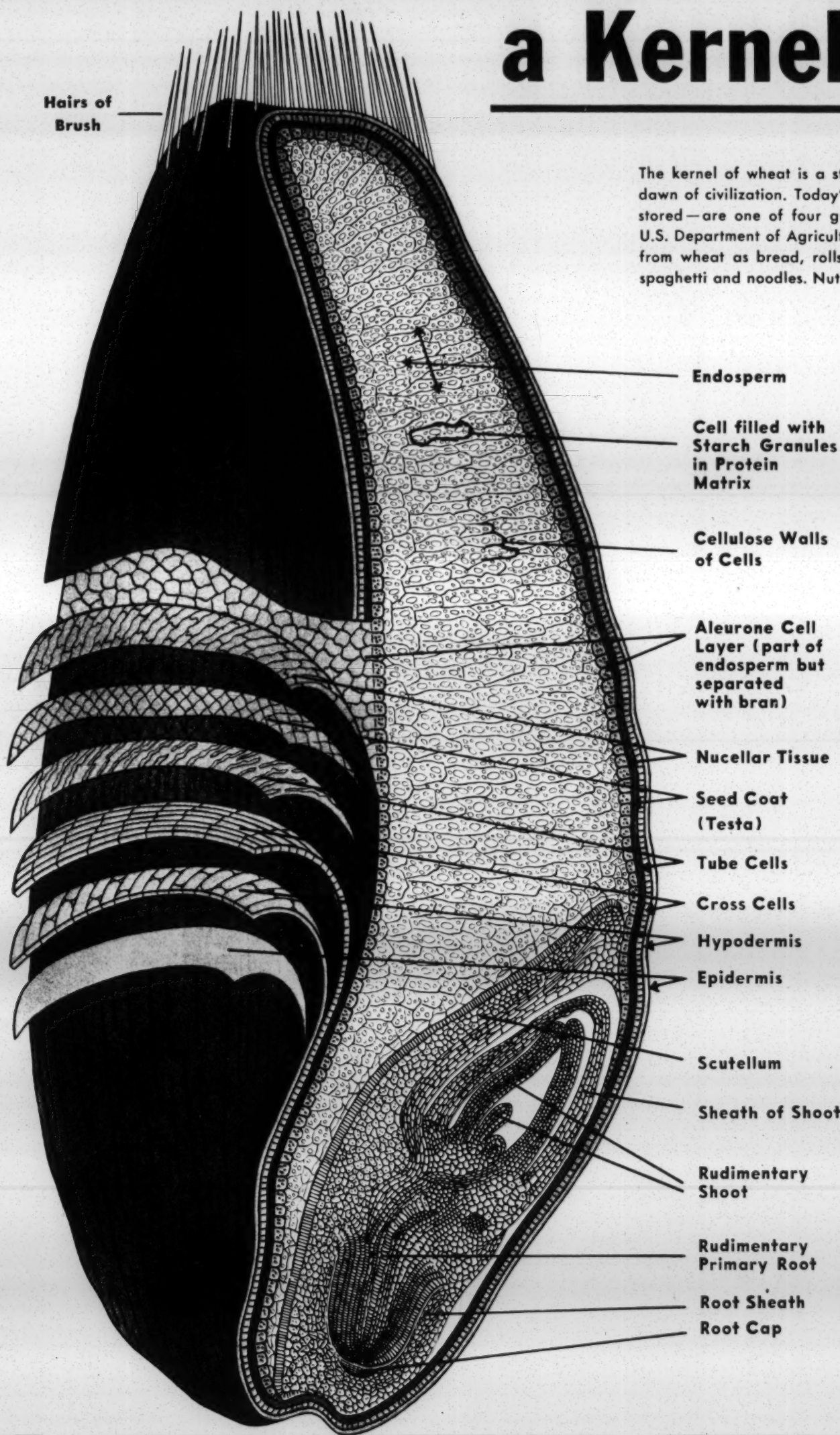
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ENDOSPERM

... about 83% of the kernel

Source of white flour. Of the nutrients in the whole kernel the endosperm contains about:⁽¹⁾

70-75% of the protein	} B-complex vitamins
43% of the pantothenic acid	
32% of the riboflavin	
12% of the niacin	
6% of the pyridoxine	
3% of the thiamine	

Enriched flour products contain added quantities of riboflavin, niacin and thiamine, plus iron, in amounts equal to or exceeding whole wheat—according to a formula established on the basis of popular need of those nutrients.

BRAN ... about 14½% of the kernel

Included in whole wheat flour but more often removed and used in animal or poultry feed. Of the nutrients in whole wheat, the bran, in addition to indigestible cellulose material contains about:⁽¹⁾

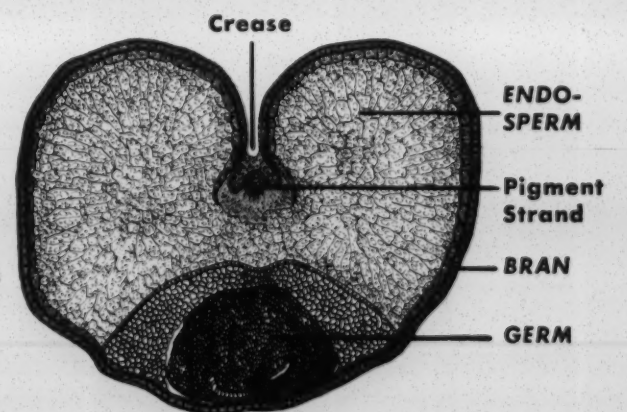
86% of the niacin
73% of the pyridoxine
50% of the pantothenic acid
42% of the riboflavin
33% of the thiamine
19% of the protein

In animal and poultry feeds, these nutrients are available. In human diet, the cellulose material of the bran tends to speed the passage of food through the digestive tract—making the total nutritive contribution less than from enriched white flour products.

GERM ... about 2½% of the kernel

The embryo or sprouting section of the seed, usually separated because it contains fat which limits the keeping quality of flours. Available separately as human food, but usually added to animal or poultry feed. Of the nutrients in whole wheat, the germ contains about:⁽¹⁾

64% of the thiamine
26% of the riboflavin
21% of the pyridoxine
8% of the protein
7% of the pantothenic acid
2% of the niacin



Cross Section View

The above suggestions point out just how to use wheat kernels. However, when they are cooked, the elements these seeds contain are dead and they do not build health in the body when eaten. This proves how misleading such instructions on health can be. The experiments on food generally are made before these foods have been tampered with and that is why these experiments bring to light certain things that are not received in the food eaten after it has been killed by heat.



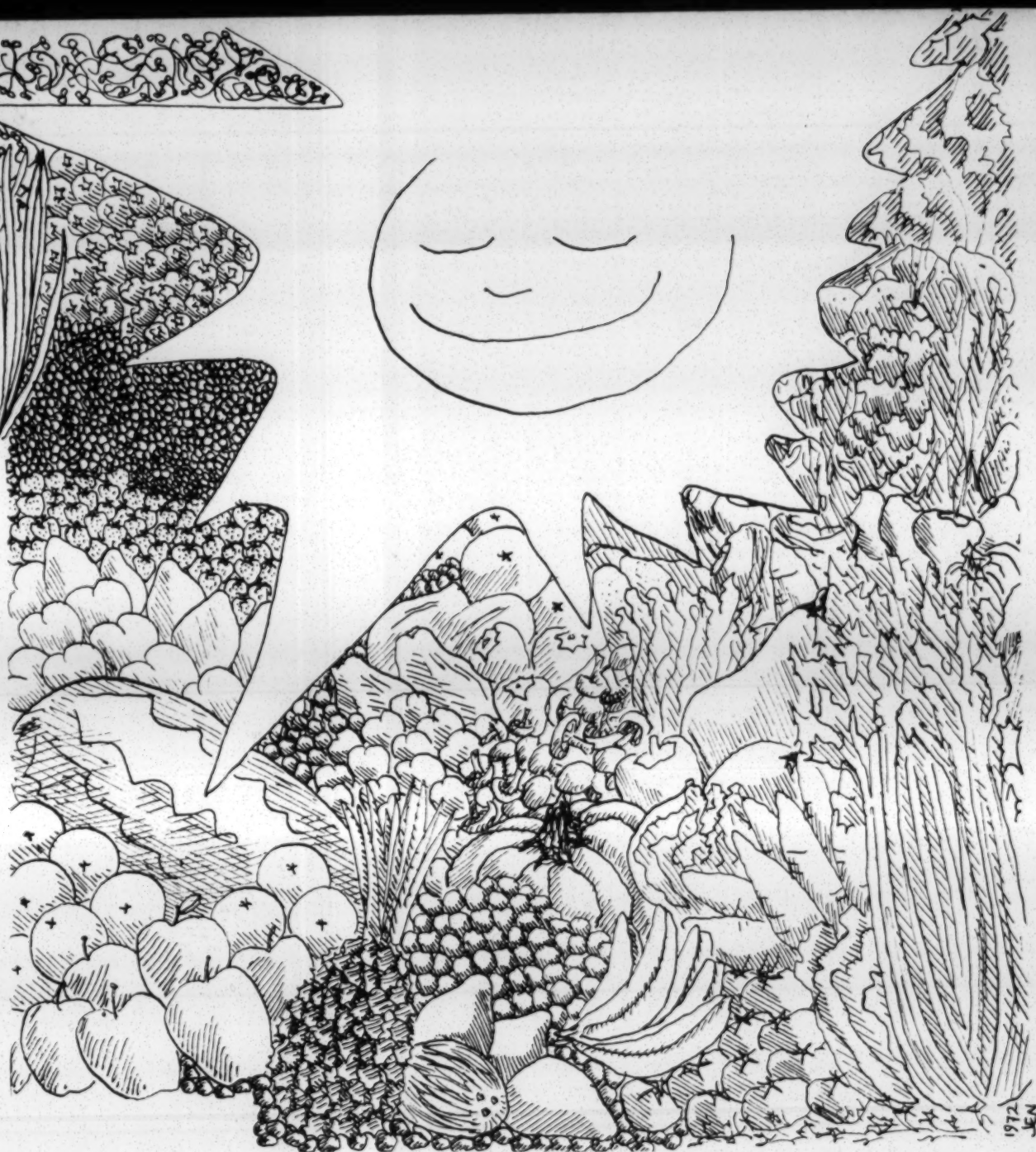
Tribute to Hippocrates Health Institute

Have you seen the Rising Sun
Can you feel this energy
Do you know how magic air is
Can you feel God's mysteries

Life is just becoming
A tremendous waterfall
Can you see where all the sun is
It is coming towards us all

Have you found all the sweet apples
Have you tasted the fresh green blood
Do you know just what a sprout is
It is made from seeds and love

by Leigh Dinsmore



WE NEED YOUR HELP: Many people are seeking the best information on diet and health. Be Your Own Doctor by Ann Wigmore is one of the best sources of health information available. Help us promote this book in your local bookstores, health food centers, and any other places where people are seeking the correct literature on natural living. Make sure that interested folks have the address of Hippocrates Health Institute and purchase a few copies to insure quick initial circulation. Be a health missionary in your own community.

Pollution of the body is generally the basis of all pollution of the plane Earth. It leads to unloving thoughts, acts of violence, materialism and deterioration of mind and body. We show you how to detoxify the body, live on simple tasty organic raw food at the cost of less than a few dollars a week. You'll discover how to survive crop failure, famine, ecological crises, strikes.

We have found that live, raw food is the sure way of detoxifying and maintaining the purity of the bloodstream. The best foods are young, tender grasses, sprouts and fruit. At the Mansion you will find organic food **untouched** by fire. Most of the food is grown indoors.

The Institute is open to the public and we do accept a certain number of resident guests who wish to study the Laws of Nature and to learn how to apply them in their lives.

There is no medical cure for disease. Medicine does not eliminate the course. There is a reasonable way to health, reduced weight and youthfulness. Try Mother Nature, she does all the healing. We provide the tools. We teach through lectures, workshops and banquets for health-oriented groups around the country. Please write for arrangement and details.

Let LIVE food be thy medicine

The Rising Sun



A HEALTH DIGEST

136

Published by Ann Wigmore, D.D.

HIPPOCRATES HEALTH INSTITUTE

Ann Wigmore, D.D. Founder, Director

25 Exeter Street - Boston, Mass. 02116

Telephone (617) 267 - 9525

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This trip I made with three deepest things in mind: Teaching folks how they can help themselves to health and that sickness is unnatural; Encouraging health leaders to open health places; Getting farmers to grow more seeds and have them sell directly to the consumers; Of course teaching how to grow food organically the economical way.

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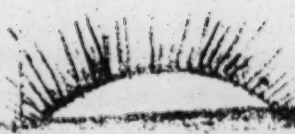
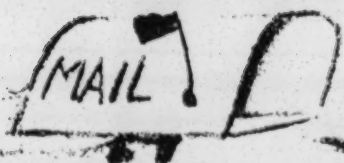
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Ann Wigmore



Dear Dr. Buxton,

I want to thank you for suggesting that I come here. The wheat grass is working wonders. My health is already much improved both locally and generally.

This is a most impressing place and also delightful-not just for improving one's health but for study and rest too. A lot of people come here to study and learn. Since I have been here a man from England and two from Norway-they were all greatly impressed and happy with the things they saw and learned. One of the Norwegians had read of Ann Wigmore in Norway and had tried to apply the ideas there with good effects on his tongue cancer. It was already reduced when he came here-he stayed three weeks and when he left it was quite gone. His Norwegian doctor wanted to remove half the tongue.

The food is delightful-not only delicious but also beautiful. The evening meal looks like a banquet and it truly is a banquet-all sorts of sprouts and seedlings, sauces both fermented and fresh made from ground sesame and sunflower seeds, avocados and greens, grated organic vegetables and squashes. Everything is raw since there is no stove in the kitchen. The kitchen and method of preparing the food is worth the study of anyone interested in health and especially in vegetarianism. I am always amazed at how people can be served a delicious dinner so easily by this method. Sunday evenings, open house night, I look at the numbers of people helping themselves and it reminds me of the story of "The Miraculous Pitcher".

I am using as much wheat grass juice a day as I can (4 1/2 cups at present) so that I can improve my health rapidly. There is always lots of wheat grass all grown in the building, also a plentiful supply of salad greens-buckwheat greens (seedlings) and sunflower seedlings as well as alfalfa sprouts. When I come back from a walk I look up at this tall building with the windows full of growing green seedlings and it looks like a fairy castle.

It is very peaceful and restful here. There are large living and dining rooms where you can listen to music or just sit and hear the sunflower seeds pop. The air smells of the sweet smell of growing seeds too. I have been so lazy and relaxed that I haven't taken part in the lectures and exercises as I should.

The people here are gentle, charming and intelligent so that pleasant conversation is always possible. Also, the scope for study is exciting. If enzymes are the key to good health then this method of living must be it.

I admire Ann Wigmore very much for trying so hard with her living message in this dying environment. It is worth the attention of anyone interested in health and I hope you will recommend it to more people, especially women interested in teaching others or in feeding their families or perhaps people connected with Branson Hospital.

This afternoon I am going to an organ recital at The Christian Science Church a few blocks away. Sometimes I walk across the street to the huge Boston Library and read in the reference section. I am really enjoying myself. It would be wonderful if you could come and see everything for yourself-I know you would love it here.

I would like to come and see you as soon as I get back to show you the results of the therapy. This should be in three or four weeks time-I hope you will be pleased.

Thanking you again and wishing you a very happy Christmas and New Year.

Yours Sincerely,

Dr. Buxton is m.D.

Elizabeth McKay

Bolton, Ontario Canada

This young lady had cancer of the liver. The reason her doctor sent her to us was because she had a very short time to live. Dr. Buxton and she were personally present regarding the therapy after my talk in Canada. The very next day, after returning to Boston, I received a call from Elizabeth that she wished to come. In just a mere 7 weeks she was able to take up the duties which she had left and perhaps thought she could never return to.

THE FANTASTIC MYSTERY OF THE PYRAMIDS



The nearly 5,000-year-old Egyptian pyramids at Giza continue to baffle the world. How were these enormous stone monuments built in an age without machines, advanced mathematics, adequate labor and natural resources? (The 13 acre Cheops pyramid has 2.6 million building blocks from three to 600 tons each that fit so snugly a business card can't be inserted between them.) Were they built with an ancient, lost technology? Through the intervention of the Gods? By scientific superior extraterrestrial beings? No one knows for sure, but investigators are discovering amazing new facts about these gigantic structures and are beginning to unravel "The Fantastic Mystery of the Pyramids."

"The pyramids are solid evidence of an advanced science in the ancient world," ... "The measurements in the pyramids are a precise prophesy in stone." ... "They were constructed with help from God-like beings from other worlds." ... "There are secrets in the pyramids that will shatter modern science."

These are just a few of the new startling theories on the meaning, origin, and history of the Egyptian pyramids. The significance of these massive stone monuments has been debated over the past 1,000 years by scientists, scholars, saints and plain, ordinary crackpots. Their debates center around the largest of the pyramids, the Great Pyramid of Cheops, an enigmatic pile of stone that has defied science for thousands of years. Today the Cheops pyramid has once again challenged science.

New discoveries, new data and complex studies have demolished many firm theories about the pyramids. "Scientists recently conducted a computer study of the Cheops pyramid," reported Dr. Gunther Rosenberg, founder and past president of the prestigious European Occult Research Society. "The experts walked away shaking their heads in disbelief. At present, we don't know who built the pyramids, why they were built or the reason for their construction."

"However, new data has proved that the pyramids may be a clue to an ancient, advanced science," continued Dr. Rosenberg. "This tremendously advanced science ruled the world many thousand of years before Christ was born. The builders of the pyramid knew many secrets of the universe. They understood advanced mathematics. Their knowledge of world geography was amazing. Some of the data built into the pyramids is just now being proved by our space scientists. Ultimately, we will have to revise our textbooks and rewrite the history of mankind."

On assignments from SAGA, I recently visited the pyramidal plateau at Giza, a few miles south of modern, metropolitan Cairo, Egypt. No larger than the average American farm, this is undoubtedly the most mysterious piece of real estate on earth. The enigmatic sphinx and three giant pyramids sit on a treeless wasteland, an ageless puzzle in stone. Towering over the barren terrain is the enormous Cheops pyramid, said to have been built as a tomb for the Pharaoh Cheops. He ruled Egypt about 3,000 years before the birth of Christ.

The sheer size of the Cheops pyramid is certain to impress a visitor. My guide was an Egyptian professor, a pyramidologist who had devoted his life to solving the mysteries behind these stone structures.

"The Cheops pyramid was originally 485 feet in height," the professor explained. "The base covers 13 acres, which is the equivalent of about eight square blocks in downtown London or Chicago. We've estimated that the Cheops pyramid contains over 2 1/2 million stone building blocks. These blocks weigh from three tons to 90 tons each. A few blocks weigh up to 600 tons. When Napoleon was in Egypt, he estimated there was enough stone in this single pyramid to build a wall around France. That wall would be 10 feet high, a foot thick."

"What if we cut the stones into one-foot cubes?", I asked.

"You could build a stone chain around the world at the equator," the professor calculated.

In terms of human energy and building materials, the Cheops pyramid reigned supreme until Hoover Dam was built in the 1930's on the Colorado River. "Actually, there isn't a construction company today that could build the pyramid," said the professor. "Remember, there is enough room in the Cheops pyramid to contain all of the cathedrals in Rome, Milan and Florence. You would still have enough space left over to put in the New York Empire State Building, Westminster Abbey, St. Paul's Cathedral and the English House of Parliament. There is more stone in the pyramid than all the masonry used to build every church in England since the birth of Christ."

All of the locomotives in the world could not pull the pyramid because it weighs an incredible six and a half million tons. Except for passageways, burial chambers, and possibly undiscovered secret rooms, the pyramid is constructed of solid stone. Many of the giant blocks are dressed and fitted so precisely that an ordinary business card cannot be inserted between them. Stones weighing up to 100 tons are so closely placed that it is impossible to detect the line where they are joined. Before they were vandalized, the outside of Cheops was covered with shimmering, white casing stones. Abu-Zeyd-el-Balkhy, an Arab historian, reported ancient inscriptions were engraved on these exterior stones. The inscriptions indicated the pyramids were supposedly built when the "lyre was in the constellation of Cancer," or approximately 73,000 years ago.

The 73,000 years was related to "twice 36,000 solar years before the Hejira". The hejira was the flight of the Moslem prophet Mohammad from Mecca to Medina in 622, A.D., the date from which the Moslem era is measured. Many of the old Arabian historians, including Ebn Fasuff Shah, claimed the pyramids were constructed by an ancient king known as Saurid, or Surid, who ruled in the antediluvian era before the great flood mentioned in Genesis.

Another Arab historian, perhaps writing from legends, reported that the ancient people "having determined from the appearance of the heavens and the stars that a great flood would occur, constructed the pyramids to hold books of science and wisdom and other knowledge deemed worthy of saving from oblivion and ruin." The information allegedly placed in the pyramids included data on ancient science, astronomy, mathematics, precious gems and "malleable glass". To date, of course, no one has discovered such a treasure trove within the pyramids.

Most scientists believe the pyramid was constructed during the reign of Cheops, an Egyptian pharaoh. "They claim Cheops enslaved his subjects into labor gangs," said the Egyptian pyramidologist. "They believe my primitive ancestors used hand tools to carve these giant stones out of the quarries. They supposedly rolled these blocks across the desert or floated them down the Nile to Giza, then dragged them across the desert and fitted them into the pyramid. It couldn't have happened. Primitive people cannot construct a monument with such incredible accuracy."

According to historical estimates there were 20 million people in Egypt during Cheop's reign. "Think of the logistics of building this pyramid," declared the professor. "You would need a million men to overcome the problems. They would have to be transported to the quarries and building site. That would require soldiers and guards. How were they fed? Where did they sleep? It's unlikely they lived out on the desert. You'd need thousands of foremen, supervisors, architects, assistants and a fantastic group of people to back up the entire project."

The professor listed some of the problems that would be encountered in building the pyramids:

"Let us assume there are slaves to hack out 2,600,000 giant blocks from the quarries. What kind of tools did they use to carve out the stone? There was no dynamite, no explosives, in those days. Where did they get the tools? What did they use?"

"After the blocks were quarried, how were they dressed? Some of those stones are fitted with seamless joints. Dressing some of these stones would require a minimum pressure of two tons. Two tons, my friend. Where does a primitive workman get the equipment to apply that pressure?"

"Third, how do they get the stones to building site at Giza?"

"Fourth, how could a small country like Egypt feed all those slaves? Where did the food come from? Who paid for the food? Who cooked it? Where did the grain come from? Who tilled the fields while everyone was building a tomb for the pharaoh?"

"Fifth, where did they get the ropes to pull those blocks? In ancient Egypt, you didn't dash into town and buy rope at a store. How much rope would you need to handle 2,600,000 stone blocks? These stones weigh a minimum of three tons. Let's assume we need

four times as many ropes as stones. Some of the ropes could be used again, so we'd need about two times as many ropes as stones. That's an incredible five million pieces of rope. Good, sturdy rope. Where did they get it?

"Sixth, where did the pharaoh find an architect who could design a building with such precise measurements?"

Assuming the pharaoh had a gang of tough, whip-ready foremen, it would have required a hard-pressed quarry crew to claw those granite blocks out of the quarries. "Shall we say they produced 10 granite blocks a day?" asked the professor. "Remember, these blocks had to be cut out of the rock ledge. They had to be dressed out, brought to Giza, raised up and carefully fitted into place. At the completion rate of ten stones a day, it would have taken 260,000 days to build the Cheops pyramid. That is at least 70 years," smiled the professor. "Can you imagine any king who would start to build his burial vault knowing he would die before it was completed?"

Was the Great Pyramid constructed by the Egyptians with a few hand tools? Anyone who bounces on a camel to Giza is faced with many disturbing realities. Modern builders are pleased when they obtain an accuracy of one-tenth of an inch on their construction projects. Yet, the pyramid is built with far greater precision, despite being honeycombed with tunnels, shafts, and bizarre, hidden chambers. Yet, the structure has not settled as many modern buildings do. "Find me a construction company that will guarantee to build a 6 1/2 million ton building without settling," said the professor. "It can't be done."

There are endless mysteries on how the pyramids were constructed. An example is the remarkable "king's chamber" deep inside the structure with two rows of 70-ton blocks of rare, red granite formed into a unique roof. "These stones could only have been taken from quarries that are 600 miles from Giza," reported Dr. Rosenberg. "The horse and cart were not brought to Egypt until the 17th Dynasty. How did they transport these stones over such an enormous distance?"

Historians say the 70-ton blocks, and smaller stones, were pushed overland on wooden rollers. Trees were chopped down, dressed out to logs, and used as rollers under the blocks.

"The trees. The trees.," roared Dr. Rosenberg. "It's a good theory except for the trees. There are no forests in Egypt and a few palm trees provide dates for food. Once the historians created the theory of moving the blocks on rollers, they should have invented a mythical forest to provide the logs."

Pushing, rolling, pulling and tugging these large stones over the sandy land would undoubtedly destroy a large percentage of the alleged log rollers. Pebbles, rocks, sand and abrasion from the granite blocks would quickly grind away a wooden roller. There would have been a loss factor of about 10 rollers per stone. The Great Pyramid would have required 26 million rollers.

Could the logs have been imported? "It would have required the largest fleet in history," answered Dr. Rosenberg. "These are the questions that pyramidologists haven't answered. Where did the ancient Egyptians find a million, two million, or—God forbid—26 million trees? Who chopped down these forests and dressed the trees? How were the logs transported to the quarries? If your imagination can't handle 26 million trees, consider the human energy necessary to process a million trees. The theory of primitive people building the pyramid with their hands simply doesn't stand inspection."

How were the pyramids built? "One fascinating possibility is vibrational energy," said Dr. Rosenberg. "Folklore and oral traditions of the Arabic lands claim music and sound was utilized to build the pyramids. This lost energy may have been part of the ancient science that was also lost." In "Chaldean Magic and Sorcery", Dr. Francois Lenormant tells of ancient belief in these occult powers: "Certain it is in ancient times the priests... by means of magical words raised storms and carried stones for their temples through the air which a thousand men could not lift."

In "The Great Pyramid in Fact and Fiction", author William Kingsland reported on how the pyramids were constructed according to Egyptian folklore. "When the king built the pyramids the great stones were brought long distances from the quarries," he wrote. "The stones were laid upon pieces of papyrus inscribed with suitable symbols. Then the stones were struck by a rod, whereupon they would move through the air the distance of one bowshot. In this way they came eventually to the place where the pyramids were being built."

In "The Pyramid and Stonehenge", occultist, A.P. Sinnett, discussed his belief in a society of ancient adepts entrusted with scientific secrets. He wrote: "The manipulation of the enormous stones used in the construction of the Great Pyramid can only be explained by

the application to the task of some knowledge of Nature which was later lost to mankind. The Adept custodians of that knowledge concerning the mystery of nature can-and always have been able to-control the attraction of matter in such a way to alter the effective weight of heavy bodies at will. This is the whole explanation of the marvels of megalithic architecture...The Adepts who directed their construction facilitated the process by partial levitation of the stones used."

Magic rods...Ancient Adepts...secret words...magical symbols...these admittedly far-out theories may sound fantastic-except they are based on the premise of antigravity. As we know, world governments are now hurriedly trying to solve the secrets of gravity with an electromagnetic, antigravity device. Is it possible that back in the dim mists of pre-recorded history this knowledge of antigravity was known, and then lost?

Dr. Morris K. Jessup was a maverick scientist, an eminent astronomer, archaeologist and astrophysicist. Dr. Jessup discovered thousands of stars which are catalogued at the Royal Astronomical Society, London. He also constructed and operated the largest refracting telescope in the southern hemisphere in South Africa. An open minded, adventurous man, Dr. Jessup investigated ancient Peruvian ruins and during one expedition, rowed to the headwaters of the Amazon River in search of a new source of crude rubber.

Dr. Jessup developed firm theories on UFO's and the possibility of extraterrestrial visitors during ancient times. Intrigued by the pyramids, fascinated by numerous stone structures throughout the world, he noted that pyramids were found in many lands. He declared they were constructed through levitation. In "The Case for UFO's", Dr. Jessup explained:

"...What kind of power was this levitating agency? How did it work? If through our crude mechanical system of ropes, cables, blocks and tackles, how did the ancients get enough rope on a massive block to take the strain of lifting it and how shift the position of the prime mover? Rocks are not magnetic. Does flotation offer a complete answer for lifting the big ones? Sand ramps do not seem suitable.

"I have used the word 'levitation' as a substitute for the power or force", he continued. "I have suggested flying saucers used some means of reacting with the gravitational field. In this way they could apply accelerations or lifting force to all parts of a body, inside and out, simultaneously and not through external forces applied by pressure or harness, to the surface only. I believe that this same or a similar force, was used to move stones in very ancient times. I believe the source of this lifting or levitating power was lost suddenly."

Jessup declared that the power to build the pyramids came from "a spaceship", probably of vast proportions, that brought colonists to earth. This "spaceship" supplied the lift power to erect the pyramids and other ancient stone monuments.

Arabic myths tell of "great white birds" descending from the heavens. "Celestial" chariots supposedly took the ancient kings into the heavens. These myths might also explain Ra, the sun god and the ancient Egyptian religion based on solar worship.

In Book II of his History, the ancient Greek historian Herodotus wrote about his trip to Thebes, the capital of ancient Egypt. He reported on the Egyptian tradition of displaying statues of high priests in a sacred temple. Herodotus was astonished to count 341 statues. "This indicated there had been 12,000 years of priestly rule in Egypt," Dr. Rosenberg related. "He was also informed that the Gods had lived with the Egyptians in the first generation and then returned to their celestial homes. If humanity was seeded by starmen, they may have passed along a portion of their scientific knowledge."

The current political chaos in the Middle East has created an alliance between Russia and Egypt. These new pacts have allowed Russian scientists to launch archaeological expeditions into the North African desert. A report on their discoveries was published in Milan, Italy, by Peter Kolosimo in the magazine "Terra Sensa Tempo". He indicated the Russians had found astrological maps that depicted the exact of the heavens many thousands of years ago. "Another of their finds was a precision-ground crystal lens," added Dr. Rosenberg. "These objects indicate a highly developed science in the ancient world."

The theory of spacemen in old Egypt had led to a far-out conclusion that the Great Pyramid was linked to UFO's. "A spacecraft could land on top of the pyramid and be secure," a UFOlogist stated. "Several occultists claim the 'king's chamber' was a reception room for these starmen. "As we know, the apex stone was never laid or was removed from the Great Pyramid and the structure is capped by a flat, level surface.

Several flying saucer contactees claim a UFO is hidden inside the Great Pyramid. On the evening of Nov. 5, 1957, grain buyer, Reinhold Schmidt, reported that he contacted UFO-nauts from a craft that landed outside of Kearney, Nebr. Schmidt claimed several contacts with the UFO-nauts and, during a lecture, startled his listeners by telling of a visit to the Great Pyramid, accompanied by the UFO captain.

"I was directed to a secret passageway that led downward," Schmidt said. "It opened out into a hidden, triangular room in the subterranean depth of the pyramid. That room contained one of the smallest spaceships I have ever seen. It might be described as two saucer-shaped plates welded together at the outer edges."

Whether Schmidt's story was fact or fancy, we know that throughout the centuries occultists have attached special significance to the Great Pyramid. Madame H.P. Blavatsky, the controversial founder of Theosophy, a mystical religious philosophy founded in 1875 whose members believe in reincarnation, karma and multiple universes, declared there was a tunnel from the Sphinx to the pyramid. "She claimed the chambers of the pyramid were used to hold rites for adepts initiated into a mystical brotherhood," explained Dr. Rosenberg. "She also felt the pyramid was a record in stone that illustrated the principles of geometry, mathematics, astronomy and astrology. During these rites men rose toward the gods descended toward men."

Such unusual theories would have been instantly dismissed a few years ago. Today, few people ridicule any theory regarding the pyramid after the events swirling around a recent scientific study. Dr. Luis Alvarez, winner of the 1968 Nobel Prize for Physics, developed a method of measuring cosmic rays streaming through the pyramids at Giza. The smaller pyramid of Chephren was selected for the computerized tests. The venture was sponsored by the Ein Shams University, in Cairo, the U.S. Atomic Energy Commission and the Smithsonian Institution. The results of this study started the scientific world as reported by journalist, John Tunstall in the July 14, 1969, issue of "The London Times".

"...Scientists who have been trying to X-ray the Pyramid of Chephren at Giza, near Cairo, are baffled by mysterious influences that are throwing into utter confusion the readings of their space-age electronic equipment. For 24 hours a day for more than a year, in the hopes of finding secret chambers thought to exist within the six million ton mass of the pyramid, they have been recording on magnetic tape the pattern of cosmic rays reaching the interior.

"The idea is that as the rays strike the pyramid uniformly from all directions, they should, if the pyramid is solid, be recorded uniformly by a detector in the chamber at the bottom.

"But if there were vaults above the detector, they would let more rays through than the solid areas, thereby revealing their existence. More than one million dollars and thousands of man-hours have been spent on the project which was expected to reach a climax a few months ago when the latest IBM 1120 computer was delivered to Ein Shams University, near Cairo.

"At Ein Shams, Dr. Amr Gohed, in charge of the installation at the pyramid, showed me the new IBM 1120 computer surrounded by hundreds of tins of recordings from the pyramid, stacked up in date order. Though hesitant at first, he told me of the impasse that had been reached."

"It defies all the known laws of science and electronics, he said, picking up a tin of recordings. He put the tape through the computer, which traced the pattern of cosmic ray particles on paper. He then selected a recording made the next day and put it through the computer. But the recorded pattern was completely different."

"This is scientifically impossible," he told me.

"...After a long discussion, I asked Dr. Gohed, 'Has this scientific know-how been rendered useless by some forces beyond man's comprehension?'

"He hesitated before replying, then said: 'Either the geometry of the pyramid is in substantial error or there is a mystery which is beyond explanation-call it what you will, occultism, the curse of the pharaohs, sorcery, or magic-there is some force that defies the laws of science at work in the pyramids.' "

Commenting on the study, Dr. Gunther Rosenberg remarked: "Even with our marvelous computers, man can't solve the enigma of the pyramids."

The computers printouts could have been sabotaged by a powerful, yet mysterious force linked to the pyramidal shape. "There was a Frenchman, a M. Bovis, who was visiting the pyramid and noticed a container in the passageway," explained Dr. Rosenberg. "He found that cats and other small animals occasionally wandered into the pyramid, were trapped and died. The guides threw their bodies into the can."

Bovis found there was no odor or decay from the animal bodies. Although the chamber had a normal humidity, the bodies had been dehydrated to mummification. "Bovis was a naturally curious person; he wondered if the pyramidal shape was somehow related to mummies," continued Dr. Rosenberg. "He constructed a wooden model of the pyramid with a yard-long base. He positioned the model due north. A dead cat was placed inside. Within a few days the cat had mummified."

Bovis continued his experiments with calf's brains and other organic substances that decay quite rapidly. "When these materials were placed inside the pyramid, they did not rot or decay," Rosenberg said.

There was a somber, almost silent, reaction to Bovis' published finding about his experiments. The scientific world abhors the label of "pyramidiot", a person who believes there are unveiled mysteries connected with the pyramids. They ignored the fact that nothing unusual should happen to organic matter placed inside a simple, homemade pyramid. They dismissed Bovis's findings concerning the delayed decay of freshly killed meat. They ignored the intriguing process of mummification and dehydration inside the pyramid.

Behind the Iron Curtain, in Czechoslovakia, a Prague broadcast engineer shook his head in wonderment at the Bovis report. Karel Drbal, a Czech radio and television pioneer, became intrigued and launched his own experiments. In his spare time he built a crude, yet accurate cardboard pyramid. He checked the Bovis experiments and discovered the Frenchman had accurately described the results.

"There is a link between the shape of the space inside the pyramid and the physical, chemical and biological processes going on inside that space," Drbal concluded. "By utilizing suitable forms and shapes, we could possibly control these processes by speeding them up or delaying them."

As he continued his tests, Drbal discovered drastic changes in the composition of matter placed inside his cardboard model. He theorized that some type of unknown, yet powerful energy might be at work. "The shape may attract electromagnetic waves. There could be an accumulation of cosmic rays," Drbal concluded. "A pyramid may gather a totally unknown form of energy and hold this power."

Engrossed in his experiments one evening, Drbal was reminded that he needed new razor blades. Although Czech blades were made of high quality steel, they dulled quickly. American English blades were not available behind the Iron Curtain. "Could the power inside the pyramid sharpen a razor blade?" Drbal wondered.

The following morning Drbal used a new blade in his razor. Setting his small, cardboard pyramid on a perfect north-south axis, he then placed the used blade inside the form. "Sharpness returned to the edge of the blade overnight," Drbal said.

News of the Czech engineer's unique blade sharpener spread through the Iron Curtain countries. High quality blades were difficult to obtain and once a shaver obtained a package, he wanted as many shaves as possible. "Using the pyramid it is possible to get as many as 50 to 60 shaves per blade," Drbal informed newsmen. "Conditions in the pyramid create an environment where the blade edge returns to its original sharpness."

Recognizing the commercial possibilities of his discovery, Drbal asked the Czechoslovakian government for a patent. After tests, he was granted patent No. 91304 and a styrofoam Cheops Pyramid Razor Blade Sharpener was manufactured by a Czech firm.

However, most European manufacturers are reluctant to check the pyramid phenomena. A French dairy patented a pyramid-shaped container for yogurt; their customers swear the flavor is enhanced by the container. In Italy, another dairy uses a pyramid-shaped container for milk and the unusual container retards spoilage.

The European Occult Research Society has conducted tests with model pyramids. "We found the shape to be the important factor," reported Dr. Rosenberg. "We made pyramids from plastic, wood, glass, metal and paper. We found the model must be placed on a north-south axis. Otherwise, power drops off with misalignment. If the pyramid is off due north by five degrees, you'll get a five per cent power drop. It's an unusual situation and we are still searching for answers," Rosenberg reported. "Someday, we may build our homes in the shape of pyramids to provide a beneficial atmosphere."

While Dr. Rosenberg's society continues its research, others hope to solve these mysterious pyramidal factors:

In 1864, Piazzi Smyth, a mathematician and Royal Astronomer for Scotland, went to Egypt and measured the Cheops pyramid. Smyth's figures revealed the pyramid rose 10 units of height for each 9 units of width. Smyth decided that these measurements were a mathematical symbol of the earth's distance from the sun. The Scottish scholar multiplied the pyramid's height in feet by 10^9 (10 to the power of 9) and then reduced that figure to miles. The re-

sult was 91,840,000 or the approximate miles of distance of our planet from the sun.

Early explorers discovered the pyramid was in the exact center of Egypt and close to the exact center of the known ancient world. To incorporate these details, the builders needed a vast knowledge of the earth's geographical features.

An unending parade of people have marveled at the incredible feat of construction in the pyramid. Tourist and scientists alike are enchanted by the remarkable accuracy of workmanship. As an example, casing stones deviated from a true square and a straight line only 1/100th of an inch over 75 inches. "Just to place these stones together would require extremely careful work," reported William F. Petrie, an early researcher who measured the pyramid in 1880. "To use cement and achieve this accuracy is to put modern optical precision on the scale of acres."

The builders may also have known the secrets of a powerful cement. After a thousand or so years of exposure to the windswept desert, casing stones before the cement would break. "Think of using that type of cement on today's highways," remarked Dr. Rosenberg. "Roads would last for a thousand years if we could find this lost formula."

The Great Pyramid is set on a precise north-south axis. Today's engineers would have difficulty in obtaining this precision in a modern building covering 13 acres.

The builders also understood geometry and trigonometry. Measurements indicate the pyramid has pi and other mathematical values. Historians claim pi and advanced mathematics did not arrive in Egypt until 1,000 years after the pyramid was built. "Many academicians claim these measurements are pure chance," said an Egyptologist.

As we know, pi is approximately 3.14159, which represents the ratio of the circumference to the diameter of the circle. It appears as a constant factor in a broad range of mathematical calculations. Using pi, the diameter of a circle can be multiplied and the circumference obtained. The pyramid also contains the golden section mathematical factor, or phi, which is the geometric division of a factor so that the small factor is to the largest what the large is to the whole. (Example: AB:AC-AC:CB). The phi numerical designation is 1.618.

Pyramidal researchers have compiled thick, mind-shattering volumes on various mathematical codes built into the pyramid. The structure contains measurements relating to the circumference of our planet, the length of a year down to several decimals, the density of the earth, the speed of light and the acceleration of gravity. Some of these measurements are only now being proved by our space program.

Satellites orbiting the earth established a figure of 3,949.89 miles as the polar radius of our planet. This matches polar orbit measurements built into the pyramid.

The coffer, or stone container, resting in the "king's chamber" was recently measured. The interior measurements match the Biblical measurements of the Ark of Covenant. People familiar with the Old Testament know the Ark of the Covenant was carried by Moses and the Israelites on their journey from Egypt into Palestine, the Promised Land. The Israelites carried the Ark on their 40 year journey through the wilderness to the Promised land. Prominent religious scholars theorize that the Ark may have been in the pyramid's inner chamber at one time.

After years of furious denial, scientists are slowly admitting that the pyramid does hold numerous mysteries. A recent monograph, "Astronomical Orientation In Ancient Egypt and the Precision of the World's Axis", was prepared for the Czechoslovakian Academy of Science by noted Egyptologist Zbynek Zaba. Zaba announced the pyramids were not tombs for ancient, egomaniacal kings but a permanent monument in stone containing the science, technology and theology of the ancient world.

There are many questions and only a few, often veiled, answers to the mystery of the pyramids. We may ultimately discover that the pyramids are a fantastic legacy left by our ancestors—a message coded in stone and mathematics. Some people believe that message may be a mathematical prophesy of humanity's future through the ages until doomsday. Others believe it is a religious prophesy. Still others believe there may be hidden chambers within the pyramids that contain an immense repository of knowledge, the wisdom of the ancients. Fervent believers in the myth of lost continents, particularly Atlantis, claim the pyramids were constructed by the Atlanteans to hold the records of their civilization prior to the sinking of their land.

Whatever the message may be, and where it may ultimately lead, it is apparent that we must continue to explore and study the profound significance of the pyramid.

ORTHODOX MEDICINE, PUBLIC ENEMY.

By

Alonzo J. Shadman, M.D.

"I had occasion recently, as a guest of the County Medical Society, to visit one of the large Veterans' Hospitals, and I have never been so depressed in my life as the result of what I saw there. Case after case was exhibited, all pronounced incurable. None of these cases which they demonstrated had ever seen actual war service. They were healthy young men, in A-1 condition when they were inducted. They all received their immunization shots and were sent to different parts of the country to training camps. There they developed colds, bronchitis and pneumonia; for which they received the usual heavy doses of sulfa drugs. After that they were hospitalized and there they will remain until they die.

Some of these young men show strange, unheard of pathology, and the doctors put all their efforts into making diagnoses that will fit into their preconceived philosophy of disease, and not one of these doctors suspects for a moment that these diseases are artificial ones, conditions produced by necessary, ridiculous and harmful drugging, for which the doctors themselves are responsible! Natural diseases produce, by-and-large, an orderly process of symptoms, as Nature reacts in her efforts to produce a cure.

These strong medical measures in vogue in the present wave of chemotherapy have no curative effect whatever, but they do distort the picture, change the symptoms and even prevent Nature from her proper reaction which would result in cures. Almost any type of pathology may eventually ensue from such methods and usually does, which accounts for the strange and unfamiliar cases filling the veterans' hospitals today. Many of these cases I saw actually cried for the homeopathic remedy, the prescription of which would undoubtedly cure these cases. Isn't it a terrible thing that the public is so unaware of what is taking place in these hospitals?

"The public thinks these hospitals are devoted to the care of the veteran injured in battle, and of course their sympathy goes out to them, 'what a wonderful thing our government is doing for these boys who fought to save our freedom.' How little the public knows that the medical profession itself is responsible for destroying the health, and even the life, of our nation's healthiest men by subjecting them to medical measures founded on theory only. I have practiced medicine for 43 years, conducted my own 125 bed hospital, with a courtesy staff of 400 allopathic doctors. I did the surgery for nearly all of these men, and during all of these years I have seen nearly every doctor in Boston in action. I have observed their limitations, their inefficiencies and their awful blunders; and I do not believe I exaggerate when I say the orthodox medicine is killing more people yearly than the war and diseases combined!"



GOOD NEWS

There are many medical men now who are beginning to work with Mother Nature. I receive generally about three or four inquiries from medical doctors each week seeking information about Mother Nature's way to health. There are two places in California that are now being set up to follow our routine of therapy. They are under the supervision of medical doctors. I have been told that the charge to stay there is eighty dollars a day. In New York a health place, utilizing our therapy, will blossom forth in a few months. About a dozen medical doctors will be in charge. A medical doctor in Canada has already sent us two seriously afflicted cancer victims. Both of these sufferers are on their way back to health. The medical doctors behind this move, a man and wife, will open up a place in Canada working with our routine.

24,000 LIVES LOST ANNUALLY AS DOCTORS PERFORM 2 MILLION NEEDLESS OPERATIONS

American doctors perform at least 2 million unnecessary operations a year, costing the lives of at least 24,000 patients. So says Hervert Dunenberg, Pennsylvania Insurance Commissioner, who has written a guide to surgery, telling when it's actually needed. "Most surgeons are competent, conscientious, careful and conservative," Dunenberg said. "But a small minority are knife-happy, incompetent and greedy. And there is a tendency for surgeons to do their thing, which is to perform surgery." In his guide, Dunenberg compared the surgeons of England and America. "It is no mere coincidence that in proportion to population, U.S. surgeons are not only twice as numerous as English surgeons," he said, "but they also perform twice as many operations."

Dunenberg has 14 rules for avoiding the pain and danger of unneeded surgery:

1. Go to an internist or general practitioner for medical treatment rather than a surgeon. They're more conservative than surgeons and don't place too much faith in surgery.

2. Make sure that any surgeon you choose is a fellow of The American College of Surgeons.

3. Get an independent consultation or opinion, even if your surgeon and family doctor say that surgery is necessary.

4. Have your operation done at an accredited hospital. You can check out any hospital with the Joint Commission on Accreditation of Hospitals, 645 N. Michigan, Chicago, Ill. 60611.

5. Never push a doctor to operate. If you insist long enough, you'll probably find a willing surgeon, whether surgery is needed or not.

6. Make sure the surgeon is certified by one of the American Specialty Boards.

7. Have your doctor and surgeon explain fully the benefits and complications of surgery and the alternatives.

8. Discuss the fees in advance with your doctor.

9. Check the surgeon's references with people who know him or have employed him.

10. Make sure the surgeon and your doctor are willing to work as a team.

11. Consider a surgeon who is part of a group practice, in which several doctors work together on all their cases.

12. Find a surgeon who has enough time to give individual attention.

13. Hysterectomies, hemorrhoidectomies, and tonsillectomies are performed unnecessarily more than any other operations. BEWARE.

14. Remember (and Dunenberg stresses this) the final decision to operate is NOT up to the surgeon but up to you.

There is much cause for that concern. According to the best available information, over half of our doctors have been left behind in the wake of medical progress. Many of these doctors simply lack the ambition to keep abreast of new developments in medical science.

Good News

There is a definite move now that will help folks eliminate so-called unnecessary operations. Not only is there an awakening everywhere regarding better health, but humanity is definitely more and more aware that they must become their own doctors and learn to take care of their own bodies. This is indeed good news.

Doctors, especially the young ones, are now studying nutrition. They are also getting away from the old system of the AMA that has not brought the results in improvement of health, elimination of so-called incurable diseases. This is the reason why these young medical doctors are turning to nature. There are about twelve of these young doctors now working out a program for opening up a health center. This center will have a three-fold system of healing: physical, mental and spiritual. One of the doctors was here just the other day, tremendously enthusiastic and will open up this pilot program in N.Y. Naturally this will encourage many others to do the same. This has been my sincere desire—the opening of centers of health just like we now have in hospitals. The current methods of treatment in hospitals cannot possibly bring permanent health.

This will be a definite step towards a better world. A healthy body means a more alert mind and this is the only way to build this better world for everyone.

American Medical Association Data Shows...

One Out Of Every Four Doctors Takes Drugs



NARCOTICS INVESTIGATOR Herbert Meredith says doctors rarely get busted for drug abuse

by ARTHUR HALL

According to the American Medical Association, the chances are very good that your beloved family doctor is a junkie!

That's right. Between writing prescriptions and handing out vitamin pills, old doc may be mainlining heroin or some other addictive drug.

The AMA estimates that at least 60,000 of the country's 316,000 doctors are hooked on drugs. That's about one out of five. Other sources, not so concerned about white-washing the medical profession, put the figure at between 80,000 and 90,000, or better than one out of four.

Using the AMA's own figures, drug addiction among physicians is 30 to 100 times greater than among the general public. Needless to say, the whole problem is something the Medical Association would rather not talk about. It brings to mind too many grim possibilities — like bungled surgery, bad diagnoses, and fuzzy judgment during emergencies.

Unfortunately for the rest of us, hooked medics seldom look the part.

States former narcotics investigator Herbert Meredith of San Francisco, "Unlike

their own homes or offices whenever they feel shaky."

According to Meredith, who arrested thousands of addicts during a 20-year career with state and county narcotics departments, doctors rarely get busted for drug abuse.

"First of all, it's pretty hard to catch an MD who's also a junkie," says Meredith. "Because the stuff is always available to him, he seldom gets in a situation where he needs a fix and shows it. So he practically never arouses anyone's suspicion, not even his own wife's."

"Secondly, even if a law officer suspects that some medic is hooked, he isn't likely to do anything about it unless the doc turns into a gibbering idiot or makes some really bad medical mistake while under the influence of drugs."

In other words, just so long as a doctor looks respectable and manages to keep his practice staggering along without any shocking public incidents, the law will leave him alone.

In those rare cases where a doctor is arrested for misuse of drugs, the chances are something in the neighborhood of 100 to 1 against his going to jail.

A Cincinnati doctor collected a three-month suspended sentence for his first drug offense.

In Atlanta, a surgeon was put on probation for one year after being convicted of his third drug offense.

A young Dallas intern got a 30-day suspended sentence for his first offense.

As these cases illustrate, doctors, being clean-cut and respectable, usually get tapped on the wrist for offenses that college students, hippies, and working class kids normally get up to seven-year sentences for. Which usually means that there isn't much incentive for them to kick the habit. They simply become a lot more careful about using the stuff.

As to why so many doctors get hooked — well, there seem to be a lot of reasons, but the main one probably is just that the stuff is readily available to doctors. So, being human, some of them use it.

"It starts off with a few pep pills after going without sleep a couple of nights in a row," a convicted doctor addict said recently. "Then you give yourself a shot of morphine because you've got to operate and your bad back is driving you crazy. The next thing you know, you're taking it to relax after a hard day — and from there it's only a hop, skip, and a jump to twice-a-day mainlining just to keep going."

It's the need to keep going under pressure that drives many doctors to their own little black bags for a fix. Even with today's lagging standards and questionable medical ethics, most MDs work long hard hours. And, except for

the more insensitive types, facing death and disease day in and day out is hard on the nerves.

Statistics on the high incidence of ulcers and heart disease among doctors bear that out. So do the statistics on drug-taking.

For some doctors a fix, with its power to numb the mind and body, means the difference between going on and quitting. Sometimes it also means the difference between life and death for a patient.

A Boston doctor, charged with malpractice, blamed his medical ineptitude on drugs.

"I was high on morphine at the time," he said. "I figured I was very sharp and knew just what I was doing. However, after I started operating I realized that I wasn't really with it. But the effect of the drug was to make me not give a damn."

"Even when the patient died on the table I didn't really care. It was only when the drug wore off that I realized what I'd done. But it was too late. The woman was dead and I was in trouble."

The next patient who dies because of a junkie doctor's bungling could be you! With one doctor out of four an addict, the odds are in your favor — but not by very much!



DOCTORS WHO OPERATE under the influence of drugs rarely give a damn what happens to their patients. Several doctors charged with malpractice blame their surgical failures on the use of drugs

MIDNIGHT

FAVORITE FOODS MAY BE CANCEROUS

Here are some of the food additives and their carcinogenic properties that Dr. William Hueper lists in his book *Chemical Carcinogenesis and Cancers*, written in collaboration with W. D. Conway:

EMULSIFYING AGENTS AND SHORTENINGS

An emulsifying agent prepared from a vegetable oil used in the manufacture of margarine, was shown to produce sarcomas in rats at the site of subcutaneous introduction. Distinct caution, therefore, is indicated in the incorporation of highly oxidized oils such as those probably formed in the deep-fat frying process into products of human consumption. Liver tumors were produced in 40 percent of mice fed a commonly used shortening and in 65 percent of mice given orally a specific solvent fraction of this foodstuff.

"One experiment using polyoxyethylene stearate proposed for use in bread and rolls produced, when fed at 26 percent level in the diet, not only bladder stones in 25 out of 150 rats, but in 13, bladder tumors.

SYNTHETIC MUCILAGES, THICKENERS AND STABILIZERS

The recent demonstration of various cancerous responses in rats by the parental introduction of water soluble, highly polymerized compounds such as polyvinyl pyrrolidone, carboxymethyl cellulose and dextran should provide an indication for an intensive and competent investigation into potential similar responses by some of the similar synthetic polyglucoses. Since such products have no nutrient value, it would be wise to eliminate them for the time being from the list of permitted food additives. (They are still on the list.)

FLAVORING AGENTS

No comprehensive information is available concerning potential carcinogenic properties of the approximately 2,112 flavoring agents employed. Lemon oil, however, has recently been reported to be a co-carcinogen. Saffron, which served for many years as a flavoring agent of soft drinks, especially root beer, was shown to cause cancer of the liver when fed to rats kept on a normal diet.

SURFACANTS

Employed in food as antifoaming agents, emulsifiers and dispersants

used as food preservatives for centuries."

He also noted that aflatoxins may cause liver tumors.

"These compounds came to light," he said, "when thousands of turkeys died in England. Investigation showed they died of liver damage and that this liver damage resulted from toxins developed by a mold which grew on the ground nuts (peanuts to a large extent) which constituted a major portion of their diet. Wheat aflatoxin fed to trout produced liver tumors.

"Whether these aflatoxins are important to the human is as yet unestablished," he continued. "They have been detected in trace quantities in certain batches of peanut butter. Additionally, it is known that liver cancers have a peculiar distribution around the world, being rare in the United States but prevalent in the Chinese and certain African tribes."

One of the National Cancer Institute's research projects is the study of toxic products synthesized by molds that are intentionally added to the food for the purpose of fermentation. Moldy rice, prepared by growing certain strains of *Aspergillus* on rice kernels, and used in the Orient as a starter for fermentation of cereals and beans, has been

as cancer or birth defects to most people, but to some who suffer from it, it can be just as deadly as any malady of man.

Take the case of a young man who had a stuffy nose and recurrent asthma attacks because of allergies. It was known that he was allergic to iodine and peanuts. One day, he took his wife out for ice cream. He ordered a banana split with chocolate and strawberry ice cream. He took a few delicious bites, gasped, grabbed his throat, and turned blue. Without speedy medical attention, he might have died.

The young man, it turned out, was "violently sensitive to artificial Chocoflavin and Strawberry, the two flavoring agents in the ice cream."

This was a true case reported by Dr. Stephen Lockey, of Lancaster, Pennsylvania, an allergist who has been calling for recognition of allergic reaction to hidden drugs for years. He often quotes an Englishman, Dr. A. Kewick, who wrote: "The world is short of food, and any substance which can be added to preserve food and yet be harmless to the consumer should be encouraged. Unfortunately, for all concerned, many additives considered harmless have proven otherwise."



Sumptuous looking meal such as this may have additives that could be injurious to one's health.

The problem of allergic disease in childhood is unfortunately growing more significant each year. The question of what we are able to do about it does not have an easy answer. Every day we are exposed to new types of plastics, synthetic detergents, food additives, insecticides, weed killers and dozens of new chemical compounds which frequently end up in our rivers and reservoirs and the very air we breathe.

ALLERGIES ARE KILLERS

"Allergic illness kills more children each year than poliomyelitis, rheumatic fever or pneumonia.

"Each new compound is, of course, a potential invitation to allergy. New techniques in the production and storage of food have also taken their toll, permitting and even promoting early weaning and total dependence on manufactured formulas and introduction of solid foods as early as the first or second month of life. Allergically, this has created many problems."

Dr. Cowen emphasized in his article: "Elimination of allergenic agents, where possible, has always been the cornerstone of the therapy for the allergic patient with the increasing complexities of today's environment, the ability to adequately eliminate proved ingested allergens is being seriously impaired. Much of this is the result of astronomical numbers of additives to our foods and drugs, and it is further complicated by the inadequate labeling of these additives, vehicles and excipients as to their exact nature and source."

Take the case of the "yellow peril." Sensitivity to aspirin has been known for more than half a century. It can cause fatal swelling of the tissues, stuffy nose, or asthma.

Max Santer, M.D., of the University of Illinois College of Medicine, and Ray F. Beers, Jr., M.D., from the same institution, reported their

findings in "Intolerance to Aspirin" in the May, 1968, issue of the *Annals of Internal Medicine*. They found certain patients showed symptoms of aspirin allergy after eating fresh pork, sweet corn, soft drinks, and cheese crackers.

FOOD ALLERGIES

"None of the patients who reported reactions after ingestion of food gave positive skin reactions to the food under suspicion," they wrote. "Analysis of the suspected foods established the presence of multiple additives in all but two of the samples. Of the preservatives, sodium benzoate was used most commonly; of coloring matter, hydrazine yellow 'tartrazine' (yellow #5) turned out to be a component of all but one of the yellows in orange foods. The ability of hydrazine yellow to induce angioedema (tissue swelling) and respiratory symptoms in susceptible patients has been previously described but it had not been shown that reactions to hydrazine yellow and to aspirin co-exist in the same patients."

Since tartrazine and aspirin are chemically not alike but produce the same symptoms in aspirin-sensitive patients, the Illinois Medical College researchers conclude that the only thing they have in common is that they are minor analgesics. Whatever it is in the body that makes an aspirin-sensitive person react to the drug the way he does also makes him react to tartrazine, a hidden additive in food.

As a result, an aspirin-sensitive person who carefully avoids aspirin-containing products could have an asthma attack or serious edema after eating a food containing yellow coloring, and never know why. **NEXT WEEK: DANGER IN PACKAGING MATERIALS, CERAMIC AND PLASTIC TABLEWARE.**

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POISONS

BY RUTH WINTER

in your Food!

or may be introduced unintentionally into them as a residue of detergents, or used for cleaning cooking utensils and dinner ware. In experiments on animals, it has been shown that some chemicals of this type exert carcinogenic or weakly carcinogenic effects on the action of known polycyclic aromatic hydrocarbons given by mouth and facilitate the penetration of these agents through the mucosa of the alimentary tract and skin. Candies, soft drinks, dill pickles, vitamins, ice cream, cream whip, cakes, bread and rolls.

Dr. R. E. Eckardt, of Esso Research, said in 1966 that nitrosamines produced a variety of tumors at different sites. Some of them produced tumors after a single dose in animals. He said it is believed that certain nitrosamines may occur in tobacco smoke but that more recently they have been demonstrated in "herring meal preserved with nitrite."

He noted that "nitrites have been

shown to damage the livers of experimental animals.

Even when cancer has been definitely linked to an additive, it takes a long time for that additive to be taken off the market. Red Number 4, used in maraschino cherries, was shown to be carcinogenic in animals, but is still on the market.

Proving a relationship between a chemical and cancer is extremely difficult today. Many people still do not believe the statistical evidence linking cigarette smoking and lung cancer. The problem is that cancer may take as long as twenty years to develop.

As Dr. Lijinsky said, "We are swimming in a sea of carcinogens."

Certainly, every additive to food should be studied for its cancer-causing potential. Since most are added for economic purposes only, the consequences may not be worth it for one out of four of us.

ALLERGY

Allergy may not be as frightening

Dr. Eugene Cowen, another allergist, wrote in the *Annals of Allergy*: "The attention to date on the problem of additives has been focused primarily upon the carcinogenic potentials, hematopoietic effects, intestinal bacterial flora changes and other physiological alterations. Except in a few cases, search of the literature has revealed no interest in the potential allergic effect of excipient vehicles and additives."

Unlike Dr. Lockey and Dr. Cowen, many scientists feel that you cannot abstain from using a food additive just because some people are allergic to it.

However, Dr. Howard G. Rapport, writing in the *Journal of Asthma Research*, September, 1967, said: "Allergy is the most important chronic disease of childhood. Allergic illness is responsible for more days of school absence than any other chronic condition. It is the cause of loss of school, play time and growth time. It destroys healthy family life.

THE ENERGY CRISIS

Lights, air conditioning, furnaces, elevators, factories, cars, ships, trains and airplanes run on fuel. And the demand for fuel has been growing by leaps and bounds. Much of the world's oil is in other countries. Much of the American known supply is in places where it is expensive to find, to produce and transport—places like offshore, or deep down, or on the Alaska North Slope.

Coal is in abundant supply, but can cause a pollution problem because of its sulphur content. And strip-mining is another problem, unless mining companies are required to restore the land they devastate. As for natural gas, the cleanest of all fuels, the supply is now so short that some power and gas companies have combined to import liquefied natural gas from the Sahara—trillions and trillions of cubic feet. The technology involved makes the price higher.

Is there some substitute for those fuels? Atomic power? It can't come to the rescue, in any substantial way, until about the year 2000, because it takes so long to build atomic plants. Various new methods of generating power? Once they really work, it will still take decades to put them into large-scale operation. No, for decades to come, fuel is going to be precious. Moreover, because fuel imports affect the dollar problem and national defense, we are quite likely to pay a stiff energy tax, designed to discourage wasteful use of energy.

Because They're Overfed And Lack Exercise...

Kids Under 3 Are Suffering From Hardening Of The Arteries

Too much food and not enough exercise have been singled out as the major causes of hardening of the arteries in American kids today, claims a world-renowned heart specialist.

Dr. Paul Dudley White, a cardiologist in Massachusetts and former physician to the late President Dwight Eisenhower, says the problem is so widespread that it has reached emergency levels.

At a meeting of the Oregon Heart Association in Portland, Dr. White told members that children as young as 2 and 3 years old are showing signs of atherosclerosis (a type of sclerosis where fatty material narrows arteries and veins).

"I was absolutely astonished at the great deal of atherosclerosis found in the coronary arteries of children at such a young age," says Dr. White. "And it wasn't in just a few isolated cases either."

"The main reasons for the high incidence of the disease," he adds, "is that American parents are overfeeding their children with the wrong foods, and not encouraging them to get enough exercise. This is a deadly combination."

Dr. White gives the example of how parents give their kids large amounts of eggs, whole milk, cream, cheese, butter and meat, all of which are heavily saturated with fat.

"Aside from containing too much fat, some of these foods also contain large amounts of cholesterol, which is very bad for the circulation," explains Dr. White. "I'm not suggesting that parents are deliberately doing it to harm their children's health, because they're not. In their minds, they feel they're doing their kids a big favor."

The cardiologist also warns of the dangers of not encouraging children to exercise regularly, as it slows down the blood circulation.

"Take the case of a parent who drives a child to school, instead of letting him walk," he says. "Providing the school isn't miles away, there is no harm in having him walk. In fact, walking is one of the best forms of exercise around today."

In agreement with Dr. White's findings is Dr. Howard Stroud, executive director of the Oregon Heart Association.

"More and more young people, especially men, are dying of

arteriosclerosis-related diseases, such as heart attacks and strokes," says Dr. Stroud. "In the past it was usually associated with people in the 70 to 80-year-old age group, but not any more."

Dr. Stroud also says that aside from affecting the individual stricken with the disease, recent studies have shown that it can be passed on to the next generation through birth.

"We are finding a pattern among individuals that may indicate some people are born with a greater tendency to develop arteriosclerosis than others," he says. "Therefore it is up to the people to ensure that they prevent this possibility by eating the right foods and ensuring they get proper exercise."

According to recent reports from the American Heart Association, there are two forms of arteriosclerosis. One is an actual hardening of the walls of the arteries in which the fibers become brittle and fragile, and subject to rupture. The other, atherosclerosis, is a type in which the passageway through the arteries gradually becomes roughened and narrowed by fatty deposits which interfere with the blood flow.

"If atherosclerosis, the type most common in kids today, develops in the arteries around the heart, a heart attack can result," says Dr. White. "If it develops in the brain, a stroke can occur."

Dr. White advises that parents give their kids foods such as liquid vegetable oils, fish, poultry, skim milk, and fresh fruits and vegetables, rather than the fatty ones.

"It's also a good idea to get the children out to a park, or in the backyard, where they can do some healthy exercising," says Dr. White. "You'll be amazed at the difference it will make in your child's health."

"It's almost unbelievable," said one big-city pediatrician. "America is supposed to be one of the most highly developed countries in the world, yet mothers just don't know what to feed their kids. It's simply a case of poor education."

"If people were taught at a very early age about proper nutrition, there would be far less disease in the country. Most people are unaware of it, but improper nutrition is indirectly responsible for many common diseases."



DR. PAUL D. WHITE takes one of his therapeutic walks in the park

Custom renders palatable to the cannibal the dainty flesh of human kind, even as it does that of animal flesh to the palate of civilized eaters.

The writer, a few years ago, thought nothing of dining off the corpses of hogs, oxen, sheep, etc.; indeed, he imagined that abstinence from such diet meant bodily weakness, sickness, and perhaps death. The experiment was determined upon, and in two years an increase of about thirty-five pounds, and elastic health, such as never before enjoyed, has caused a radical change in his belief that it is necessary to take the life of animals to sustain our own.

The first that led the writer to abstain from flesh eating, was the thought of the principle involved — cruelty to animals, the slaughter of innocents. To slay an animal and consume its flesh is selfish and murderous, — the spirit which keeps Heaven away from this gloriously beautiful earth.

The question is, can eating flesh be a necessity? Reason and experience demonstrate there is not a particle of necessity in it. The God of life gives us, his children, an abundance of all that is necessary in cereals, fruits and vegetables, to sustain life, blossoming on the breast of dear mother nature, — first a blade, then a flower, then a rich fruitage, to abundantly satisfy the most exacting appetite. Think of these things: taking a life with a view to sustain your own is wrong in principle, selfish in practice, and devoid of the apology of necessity.

We incorporate in our life, consciously or unconsciously, the character of the elements by which we are surrounded (or which we surround.) The nation whose diet is mostly vegetable are more mild and gentle mannered. It seems well that we should rise above the lower plane of selfishness which tears, bites and devours one another, to the plane of science, where "the lion shall lie down with the lamb."

"Excelsior" is the watchword of today — discovery in the realm of physical science, — moulding, applying, utilizing the hitherto dormant forces in nature, to serve mankind. Metaphysical science, the science of Soul, opens the eyes of the blind, and in the not distant future, these newly opened eyes will look upon the eaters of animal flesh with the same horror that we regard the inhabitants of the Fiji Islands, or Mr. Darwin's missing link, in the jungles of central Africa.

Mary Baker Eddy Editor of Journal at that time

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News from London

As a National Anti-Vaccination League Member for many years, I rejoice at the announcement made last year by Sir Keith Joseph, Secretary for Social Service. He stated, "Routine vaccination to children for Small Pox is to end." This follows a plea in the British Medical Journal for the Government to reverse its vaccination policy.

Prof. George Dick of London, Middlesex Hospital, disclosed that a Small Pox vaccination kills more people in Britain than the disease. In the past 20 years, one hundred people died from the effect of the immunization, mostly from brain inflammation and serious skin rash. Only thirty-seven of one hundred three cases died of Small Pox.

Sir Keith told Parliament that risk from adverse effects of an injection was now greater than the risk of a child contracting Small Pox.

I always opposed vaccination on the ground that I fail to see how injecting filth could produce health. Health is the inner-vision of harmony in Body, Spirit and Mind. My parents never believed in vaccination,

Mrs. Oria Cartwright



The expression "The handwriting on the wall" has become proverbial. Most of us are familiar with the story of the hand sent by God to write on the wall of King Belshazzar's palace, and of Daniel's interpretation of the writing.

God writes to man today as truly as He did then, though in different ways, perhaps. His messages are all about us if only we have the wit to see them. As Christians, we believe that God is everywhere. Whittier said it in these words:

In both "the heaven for height, and the earth for depth," God's autographs remind us that His Love is everlasting. Again and again the thought of eternal things has come to me in the presence of the ageless mountains -- whether I was viewing the majestic Rockies of the West, the more subdued but equally beautiful Smokies of North Carolina and Tennessee, or the stately Swiss Jungfrau, which I was privileged to see in a flood of sunshine from Interlaken. In the hollows of the Earth, too, as in the vast and beautiful Carlsbad Caverns of New Mexico, I have thought of the mystery and depth of God's Love, of His ways that are "past our knowing."

However, it is not only in the spectacular things that God leaves His handwriting. As we travel by bus or car and note the changing farm scene -- the fields of wheat and oats and corn -- we recall not only His Love but His tenderness and bountiful care of His children.

When we look at the signatures in old family autograph albums, we realize that only a small part of the personalities of the signatures is disclosed. But they do tell us that the persons were real, and we recall what we know and have heard about them. Thus it is with God's autographs; they, too, reveal only a fractional part of His greatness. However, from the most minute to the most majestic in significance each speaks of the living Presence of God all about us.

We need not leave home to find God's message. We can see them in the so-called simple things -- in the flowers of our gardens or the snowflakes that fall on our yards. But we may become so familiar with the beauties and wonders immediately around us that in spite of ourselves we are inclined to be blasé and fail to appreciate their glory to the fullest.

On the other hand, when we visit unfamiliar places and marvel at unfamiliar scenes, we focus our attention more vividly on God's signature. That's one of the advantages of a change of scene; it shakes us out of our complacent selves and we begin to see new values. It's during vacations, too, that most of us have our best opportunity to see some of the more spectacular autographs of God.

As we leave for our vacations, let's make a conscious effort, regardless of the season, to look for God's autographs. It is interesting as well as good exercise for the soul to make a list of some of the attributes we expect to see in nature, and then really seek them.

I like to meditate on God's serenity, which all of us have seen written a thousand times in a thousand places. In my experience, there are two places in particular which, as Wordsworth said, "flash upon that inward eye which is the bliss of solitude." I recall God's serenity as I saw it in the moonclad waters of Lake Erie on a summer night years ago.

One other summer it was again vividly impressed on my mind in Mallorca as I sat in the amphitheater of the Cave of Drach facing the beautiful lake. All was silence. Suddenly, three small boats outlined with lights came from behind the rocks and glided across the blue waters without so much as a ripple of sound from the oars. The orchestra in one of the boats began to play softly. The whole scene was one of mysticism and peace.

In contrast, God writes of His majesty and power most plainly, perhaps, in His mighty oceans, roaring streams, and tempestuous waterfalls. On the vast ocean, even the strongest ship built by the hand of man seems frail and insignificant as compared to the power of God.

Another attribute of God that profoundly impresses me is His perfect design for His universe. I could hardly believe my eyes when I saw the unusually large flowers of the southern part of Alaska one summer. It didn't seem possible that a pansy or rose of such size and vivid color could be produced in such a short growing season. But I soon remembered that the daylight hours are long, and the flowers -- another form of God's handwriting -- grew for long periods. In such simple things, near or faraway, we see God's design in the slightest detail of perfection.

Make sure he's well boiled—the last one was full of pesticide, carbon dioxide, carbon monoxide, enzyme detergent, and heaven knows what else!



r.i.p.

FOOD WITH YOUR POISONS



A frank answer turneth away cranks & critics .And fancy put-down artists. There are plenty of them around these days, of course, as the plasticized food industry and chemical-agribusiness empires have begun to feel uneasy about the American public's discovery of natural foods and it's disenchantment with continued high-pressured blandishments for overprocessed, additive-stuffed products. What happens is that newspapers and magazines begin to carry carefully planted disclaimers about organically-grown foods, statements by so-called authorities and specialists that pooh-pooh interest in wholesome eating, then infer that anyone who wakes up to really good food is being "duped". Next thing you know, people start coming into the health-food shops with heavy questions.

Well, how do you answer them? Straight. Unequivocally, with understanding, lots of patience at times and plenty of solid facts. Take, for instance, the recently released findings in a study by the Dept. of Health, Education and Welfare on the nation's health "attitudes, beliefs and practices". From it, says columnist Nicholas von Hoffman (Washington Post, Oct. 23, 1972) we learn that the government thinks we have an irrational and impractical desire to be too healthy. How else can you interpret these words in the report's concluding statement: "Many victims of health fallacies seem to be striving for "super health". While physicians might define good health as simply the absence of bad health, many laymen see good health as a state beyond the mere absence of any disorders, encompassing feelings of unlimited energy, freedom from anxiety and depression and the presence of contentment and happiness."

Continues Von Hoffman, "If that is the starting assumption of the agencies which dole out research money, you can understand why so much of it is spent on disease and so little on what health is, how you get it and how you keep it".

Judging from the language of this report, the government thinks we have no right to control our own bodies, says Von Hoffman. "This comes through clear in the discussion about people who take vitamins and eat health foods. HEW regards them as little better than Communists. 'Nearly all the health food users were acting without a physician's advice,' the study tells us, without adding that it is next to impossible to find a doctor who knows beans about nutrition, 'and a majority of them really expected to be "helped" by the health food...health-food users are distinguished by negative opinions about the healthfulness of the regular food supply, inflated ideas on the benefits of vitamins and miner-

als and a belief that faulty diet is the cause of most health problems...committed users are more critical of doctors and the medical profession in general. 'How misguided of these people when they read day after day of pathogenic substances put in the food they buy, substances that HEW is supposed to guard against,' he concludes.

Dr. Michael F. Jacobsen, co-director of the Center for Science in the Public Interest and author of "Eater's Digest", adds to a strong answer to such critics. "As far as America's food problems go," he stated in the "N.Y. Times" (Aug. 31, 1972), "the excesses of the fledgling organic food movement (which supplies no more than .4 per cent of our food) shrink to insignificance in comparison to the dangers and practices of the mainstream, \$125-billion food industry. The farmers who supply our supermarkets continue to shower their crops with pesticides, contaminating both the land's harvest and those who do the harvesting with inherently toxic chemicals. The extravagant use of nitrate fertilizers maximizes crop yields, but also pollutes the groundwater and rivers.

"Machine-oriented farming has not left the quality of food unaffected. Supermarkets overflow with bland poultry, hard tomatoes and tasteless corn. New breeds of livestock and plants are selected for high yield and compatibility with machines rather than good taste and nutritional value. The food factories are churning out billions of dollars worth of non-nutritive foods and beverages. The very existence of these products relies on artificial colorings, preservatives and flavorings, several of which may be causing birth defects and cancer...."



ON MORALITY AND MAN'S DUTY

People in the West generally hold that the whole duty of man is to promote the happiness of the majority of mankind and happiness is supposed to mean only physical happiness and economic prosperity. If the laws of morality are broken in the conquest of this happiness, it does not matter very much. Again, as the object sought to be attained is the happiness of the majority, Westerners do not think there is any harm if this is secured by sacrificing a minority. The consequences of this line of thinking are writ large on the face of Europe. "I do not believe in the doctrine of the greatest good of the greatest number. It means, in its nakedness, that in order to achieve the supposed good of 51 per cent, the interest of 49 per cent may be, or rather, should be sacrificed. It is a heartless doctrine and has done harm to humanity. The only real, dignified, human doctrine is the greatest good of all and this can only be achieved by uttermost self-sacrifice."

This exclusive search for physical and economic well-being prosecuted in disregard of morality is contrary to Divine Law, as some wise men in the West have shown. One of these was John Ruskin, who contends in "Unto This Last" that men can be happy only if they obey the Moral Law.

We, in India, are very much given nowadays to an imitation of the West. It is necessary to imitate the virtues of the West but there is no doubt that Western standards are often bad and everyone will agree that we should shun all evil things.

Morality is an essential ingredient in all faiths of the world; but, apart from religion, our commonsense indicates the necessity of observing the Moral Law. Only by observing it can we hope to be happy.

ON DUTY OF LOOKING WITHIN

There are two windows to the mind of every man, the one revealing himself as he is, the other as he ought to be. It is the duty of every human being to look carefully within, and see himself as he is and spare no pains to improve himself in body, mind and soul. He should realize the mischief wrought by injustice, wickedness, vanity and the like and do his best to fight them. The moral principles that are not followed in practice are good for nothing. We see many men who get by heart maxims of morality and who talk loudly about them but who have not the least idea of putting them into practice. There are others who think that all rules of morality are intended only for our guidance in a future world. But we can unhesitatingly assert that he, who is not prepared to order his life in unquestioning obedience to the laws of morality, cannot be said to be a man in the full sense of the word. We should all be able to find our happiness in righteousness and veracity, in spite of the pains and losses which we may have to suffer in this world.

God is omnipotent. He is the embodiment of perfection. None can set limit to His justice and His mercy. How, then, can we, who call ourselves His devotees, dare to infringe the obligation of morality? We should not, of course, lead a moral life in the hope of a reward. A life of goodness is enjoined upon us, not because it will bring good to us, but because it is the eternal and God given way to live. A man who has thus attained mastery over himself will have a spirit of tolerance for all. While he will be harsh and exacting with himself, he will be ever generous in judging others. He will have love and charity even for his so-called opponents and will never think ill of them. Even if he is deceived twenty times by them, he will yet have the courage to trust them for the twenty-first time as well. Of such a one alone can it be truly said that he has not only learned the art of living, but he has also acquired "the art of being man, of becoming man, of remaining man".

Each one of us must lift ourselves in strength and power which comes from within; the same power which God manifests and by which He rules the Universe. Man was created in the image and likeness of God, says the Bible. It is our duty to manifest God from within.

Comment: Dr. Norman Vincent Peale, the Pioneer in Positive Thinking, is now seeing a wonderful result of his many, many years of hard work. He has vigorously pointed out that in order to experience better things in life, one would have to really think about it; naturally, work at it at the same time to make this desire come true. Positive thinking is becoming very, very popular, not only among the young but also with many business and professional people.

UNIVERSAL LAW

Modern science fails in it's work because it rejects the doctrine of a 1).Supreme Power;2).Life Principle;and3).Universal Law.

"Everything is in accordance with law is the testimony of both Science and Revelation;and man becomes the possessor of Earth's treasures as soon as he has discovered the laws of their production.The first real step towards exact knowledge is the discovery of the law.All the investigations, speculations and inductions that man can invent or employ,are worthless until the work is completed by this discovery."

Modern Science has incessantly searched for the Fountain of Youth,but has failed in it's endeavors because it has not been scientific in it's search.All searchings will continue to lead in circles until the fundamental fact is discovered that Man is part of a World of Law and Order.The Supreme Power and the Life Principle are facts of existence and the Law of Life is as certain as the Law of Gravitation.Every event that takes place, occurs under the control of one law,sustained by one force.This Principle of Nature applies as forcibly to the human body as to the rising sun."No symptoms of health or disease,no pain or pleasure,weakness or strength is ever found in a living organism except under the control and direction of one law,sustained by the one power-the law that solves all physiological problems."That statement of Law shows the absurdity of hunting for health in magic waters and mysterious brews,poisonous drugs and doubtful serums.It shows that health is not a question of doctors and dope,of vaccines and poisons.

What little we know of the operation of the Law of Cause and Effect teaches that,barring accidents,the Health and Duration of the Living Body depends upon the conditions supplied."If we supply the conditions for health,health will follow with unerring certainty;but if the conditions are for disease,disease will sooner or later follow as the Law of Adjustment will permit."That statement agrees with the Ancient Masters who said:"Whatsoever A MAN SOWETH,THAT SHALL HE ALSO REAP".(Gal.6:7)

It is science and law that we cannot sow the seeds of disease and harvest a crop of health.Nor can we force into the body such poisons as medicines,drugs,vaccines and serums and be favored with good health and long life.Let us carry the principle farther;if we supply the conditions of prolonged youth,then with unerring certainty we shall have prolonged youth.Also,if we supply the conditions of long life,then,barring accidents,long life will follow with unerring certainty.

We Reap As We Sow.

Never has there been in history a greater need for following the Law of Nature,by practicing the following suggestions.These thoughts and actions will bring forth better conditions.Let us sow the seed of love,patience,understanding and service.These seeds will blossom forth for the betterment of Our beloved country.Fortunately,it is not too late for each individual to correct conditions,if we will stop struggling and look for guidance from within our Souls.Trust absolutely that we will be guided,protected and provided for if we strive to do our best.

Never become unhappy or morbid.Cheerfulness and radiance will attract people with like qualities.Declare that you are linked with all people and with God.Such an attitude will help to overcome any condition and you will prove the law and it's force.It never fails to bring results.

There are Physical,Mental,Spiritual and Social Laws that must be obeyed and practiced if we are to be Healthy,Happy and Wise.Generally,we are forced to obey the Social Laws,otherwise there is punishment.One of the most neglected are the Physical Laws.Physical Law means working with Nature,giving the body the necessary elements,fuel to work with in order to keep healthy;and understanding the workings of each part of the body,functioning collectively to serve us and make us a wonderful example of God-given,natural heritage-Health.Unfortunately,the Laws of Nature are not taught in schools yet,the main reason why many problems exist today.

ADVENTURES IN LOVE By Kathryn H. Roberts

Some time before I read the Cleve Backster report on experiments with plants, I had tried several experiments of my own. A friend had condemned an African violet to the discard pile. To all appearances it was a withered plant and had never blossomed, so I took it home with me. The plant finally died down to one apparently lifeless yellow leaf and indeed it did look hopeless. I gave it water, held the pot in my hands and talked to the plant everyday in this fashion: "There is a Divine Intelligence within you that'll restore your beautiful green leaves and violet flowers!" At first I closed my eyes and merely said these words. Then one morning I felt a warmth and real love for the plant. I could actually picture the large green leaves and violet blossoms. I gave it no special food, just water, some sunlight and caring. I kept up the daily talks and as the days progressed, the plant gradually developed a tiny green shoot and a new leaf; then another and another. It filled the pot with large soft leaves. The supreme moment came when a tiny cluster of buds appeared. When the blossoms opened, they were double violets and to me the most beautiful I had ever seen.

A new daughter-in-law came into the family and she was fascinated by the violet. I told her the story. She looked at me out of the corners of her dark eyes as much as to say, "You're slipping, Mom, but I'm much too polite to say so". Not long after this, my son and his wife made plans to move to another city. I separated my plant and started one for them. When they left, I gave them the plant with its first newly opened violets. Soon correspondence started: "The violet is not doing well. It looks frail and the blossoms have died". Prayers have been given for animals, cats and birds at a distance and they responded beautifully. So the thought came to me to pray for the violet. I decided to try an experiment. I placed a picture of my son and his wife before my plant and thought of the other one, speaking to it: "I love you. I have not deserted you, but you belong to these people now. I know that they love you and see you just as I do, healthy and beautiful. The intelligence within you is bringing this forth". Again I imagined a profusion of leaves and many flowers, beautiful. It was about this time that "SCIENCE OF MIND Magazine" printed the first Cleve Backster report and I sent a copy to my daughter-in-law telling her that her plant must have felt the emotional problem of the parting the day I gave it to her. Many moments of alternate silence, talking and picturing went into this experiment. Then, it was as though a response came from the plant because a great feeling of warmth and inner conviction that all was well came to me. One day soon after this, an excited voice came over the long distance wire: "You should see my African violet. It's loaded with blossoms and is so huge it overflows the pot".

Today, visitors stand in awe before the beautiful violet and ask my daughter-in-law how she raises such gorgeous flowers. She replies, "You have to talk to them and tell them you love them". I'm sure she gets sidelong glances as I once did. But even more than this is the double take visitors make when they see their hostess guiding flies, bugs or spiders outdoors rather than kill them and cause distress to the plants. What a wonderful world opens up when we come to the realization that all of loving things respond to love. When we become quiet and listen inwardly, we may be amazed that our animal friends can communicate their needs to us.

Other experiments that I have been doing for several years have been with the cooperation of the owners of various animals. One was with a small monkey I visited. He seemed overjoyed at his more spacious new home in an outdoor cage and fascinated his onlookers by his babylike actions. However, when leaping from one ledge to another, he would fall. This was distressing because most monkeys swing with alacrity from one pole to another. I noticed that the little fellow favored one leg. I then learned that animals who have been confined to small cages often develop cage paralysis and this seemed to be so in this case. He was very tame and liked people. So one day I coaxed him over to a ledge near me. I reached through the wire and took hold of

his drawn-up leg and began to massage it. I spoke to the Intelligence within the monkey, telling it to impart strength and healing to this small loving animal. He was very quiet while all this was going on and looked at me with tiny wise looking eyes. The paralysis quickly disappeared. Whenever I visited him he came to the ledge. As I reached through the wire, he placed the paralysed foot in my hand. What inner knowing did he have that told him what had taken place? One thing I know, he did not question or doubt. He simply accepted and enjoyed his ability to leap freely and happily about the cage as he was meant to do, thereby expressing his gratitude to an inner Intelligence that had healed him.

In this family, there was also a pet rat, named Tystar. Studying the instincts of this rat was an education. Before her litter was born, she formed a nest from shredded paper placed in her cage. Like a good mother-to-be everything was in readiness when she gave birth to her family. Tystar took excellent care of her young. Then one day a large lump developed on her back. She did her best but suddenly she simply lay down in the bottom of her cage and to all appearances was dying. Tystar was told that she was a wonderful mother, that she loved her babies and that they needed her. A caring love as well as a realization of this creature's worth surrounded her. In a short time she stirred, got up from the bottom of the cage and resumed her duties. Shortly thereafter the lump vanished and she went to mother another family.

One of the most rewarding experiments was with Toleco, the beautiful ocelot. She was a tiny baby when she made the journey by air from her jungle home. She was not the most beautiful of animals but she captured the heart of everyone who saw her. From the start, Toleco had a mind of her own. She usually did nothing according to the "book". We played a game when I visited her. I'd lean down and call to her saying, "Toleco, baby, where's my loving?" She would run over, reach up quickly and press a damp nose on my cheek and then run away again. Toleco had an inborn instinct for play, stalking, racing around corners to pounce or climbing high to drop down on her unwary victims. In one of her playful moods, she ran into some furniture and hit her eye. I called to her. Holding her head, I cupped my hand over her eye and spoke to the Intelligence within her. Like all animals, she sensed something was being done on her behalf and for a few rare moments stood perfectly still while this was going on. Love, understanding and silent communication developed between us. During a busy moment her unspoken need might be felt and a journey made to close a window when she was cold. Another time there was a misunderstanding as to her care. Her owner went out of town certain that his roommate had the situation in hand. The roommate left being sure that someone else would take on the task. The result was that no one was there and again Toleco's silent call for help came to me. The plea was so strong that I went to see her. Fortunately, I had access to her home. I found her quarters had not been cleaned and she had not been fed. Soon Toleco lost the tawny young animal coloring and her coat began to form circles and stripes of brown, gold and black. She took on the camouflage she would normally have in the jungle. Her eyes were not the typical slit-looking eyes of most cats but were large, round and dark brown. Toleco grew into a beautiful, strong animal and it became apparent that she was truly a jungle animal with a wild instinct no longer latent within her. She was now in her natural habitat.

The valuable lessons learned from this in love prove that within everything that lives there is a Divine Intelligence that responds and heals any condition when the word is spoken by one who loves, cares and acknowledges, "I can of mine own self do nothing, the Father that dwelleth in me, he doeth the works".

LOVE IS GOD IN ACTION

Anyone can prove, when can prove, that when problems occur in any form as a matter of fact, immediately, there is always a chance that one would become discouraged or even hateful. This is the time when it is so important to substitute hate or discouragement with Love.

THE HAPPY BODY

by DONNA LAWSON

COSMETICS MADE FROM HONEY, FRUITS, HERBS AND OTHER FOODS

Sixty thousand Americans suffer allergic reactions to commercial cosmetics. Sometimes the effects are even more serious. Yet a powerful cosmetics lobby permits those products to go on the market without proper labeling.

When you make your own cosmetics there's no doubt about what goes into them. That's not to say that a person couldn't be allergic to a strawberry or a lettuce leaf, but at least you'd know your poison. And, could avoid it.

There are many reasons to learn about homemade natural beauty preparations. For one, time has proved their effectiveness. Eggs, milk products, honey, bran, oatmeal, strawberries, herbs, rosemary—these basics (among some silly things, since history was no more immune to mistakes than we are today) have been used through the ages.

Poppaea, Nero's wife, bathed in ass's milk, the French Revolution's Madame Tallien in strawberries and Madame de Pompadour cooled her tiny feet in mint leaves. The great chronicler of love, Ovid, tells of a mixture of honey, eggs, powdered horns of cows, gum, barley flour, crushed beans, white lead (subsequently found to be deadly poisonous) narcissi bulbs, orris powder and excrement of sea birds to add sparkle to the face and banish freckles!

Not only do certain basic ingredients work (I will personally vouch for that) they cost mere pennies. This is important, because not having chemical preservatives in them they spoil easily and must be chucked out frequently. But, even with their

limited shelf life homemade cosmetics still save countless dollars.

Money is a practical issue, certainly one of the basic reasons for making your own cosmetics. But it's the love of nature I hope will capture you, as it did me. There is a sensuality and beauty to tasting (they say any cosmetic you wear should be edible), touching, smelling and sometimes watching your ingredients grow. It is wonderful to see the effect of real untampered nature on your body.

I learned my first natural beauty preparations in the blue tiled California kitchen of Albertine Avonde, a French lady, who at sixty-five was still as delicately beautiful as a Fragonard painting.

While still a little girl I found that to my astonishment, a violet leaf infusion, persistently applied, vanished a large ugly wen from my granddad's bald pate. And I personally attribute my good skin to a regular use of Albertine's honey or egg-white masques (although they are not often mixed in exquisite containers with her special devotion.)

A pimple and blackhead remover of honey, nutmeg and glycerine applied under Madame Avonde's skillful eye, when I was an adolescent, saved me from the grief of teenage acne. Her peppermint or lemon baths are still my favorites. And I keep, to this day, thin chilled slices of over-ripe watermelon (to place on my face for the duration of a half hour nap) and bunches of grapes (two or three squeezed over the face, dried and then rinsed off) to use as moisturizers. A crisp cucumber (mildly astringent) half peeled, sits in the refrigerator ready to rub over my makeup to remove it at day's end.

I was taught to brew camomile buds and pine needles to steam my face, to make a moisturizer from lettuce leaves, a mouthwash from cloves and a hair rinse and face lotion with the herb Rosemary (grown in my window box).

Mayonnaise (freshly made in the kitchen blender) I lavishly apply as a hair conditioner or a face cleanser. Rose Geranium or Verbena oil (ordered from Kiehl's Pharmacy, 109 Third Ave., New York, N.Y. 10003) is rubbed inside my bureau drawers for its fragrant effect on my clothes.

Over the years, I've added many new recipes to Madame Avonde's. One donated by a friend, Palavi Patal, utilizes a simple raw potato, used by East Indian women as a hand softener and to remove odors. The potato is cut in half; the exposed part rubbed over the skin. Keep the potato halves in the refrigerator to use another time. Or, grate the leftover potato, lie down and put it around puffy eyes as a poultice.

Recently, Swami Harihardas, a graduate of twelve years herbal study in his native Benares, India, gave me a wrinkle remover made with: *one teaspoon each of rice powder (available in most health food stores), grapefruit juice, carrot juice and yogurt. Mix. Put in sun for three hours. Apply every night after removing makeup.*

Swami's ingredients are sound. Often I've used a plain yogurt as a face cleanser and nourisher. Carrot juice, rich in Vitamin A, is a superior skin food taken internally (no more than 25,000 units recommended per day) or used externally. A vitamin-A tablet punctured and emptied into a yogurt, mayonnaise or plain dairy cream base, then applied to the skin is extremely nourishing.

The Benares wrinkle remover is new to me, but I'm trying it. The treatment I've used for years is either plain wheatgerm oil (gently smoothed over an expanding tummy, it also helps pregnant women avoid stretch marks) or peanut oil. Both oils are stroked across, not in the same direction, as the wrinkle.

Once you have the grasp of several ingredients and their performance, like a good cook, you'll learn to change the proportions; take this out, put this in and make the cosmetic that best suits you. And like a cook seeks out recipe books, you'll begin to look for herbals, organic cosmetic and health books.

Some of the common ingredients are obviously astringent, some stronger, like lemon, vinegar or sage, and others milder, grapes, strawberries or cucumber. Other components are emolient (they make skin and hair soft and supple) like safflower oil, bananas, avocados. Some definitely reduce oil, like the bran which is used as a dry shampoo, or the oatmeal used in the bath for oily skin, or corn meal used

SAUERKROUT

To make a big supply for a family:

One bushel of white cabbage; two ounces of juniperberries.

The sauerkraut is made in a large earthenware crock, glazed inside. You will also require a lid, a heavy weight. First, thoroughly clean and rinse the container, the lid and other accessories required. Wash the cabbage leaves and cut them in thin shreds. Lay the first layer at the bottom of the crock and crush until the juice runs out and a froth is formed. Sprinkle a few juniperberries and put in the second layer, repeating the process until the container is nearly full. Lay a few large cabbage leaves on top and cover with a plate. Put the lid on and weight it down with a newly washed heavy stone, which will press down the layers. The juice of the cabbage should cover all the layers.

Place the crock in a warm room so that fermentation starts as quickly as possible. Cover the crock with a clean cloth to protect from dust. After a few days, and then every two or three days, remove all the scum. Each time, wash the lid and the stone in hot water. When the scum no longer rises, the process of fermentation is finished and the crock can be put in a cool place. The sauerkraut will be ready to eat in four weeks at the latest.

Each time the crock is opened to take out the cabbage, the lid and the stone, must be washed in hot water. The inner rim and the walls of the crock must be kept very clean. This is the only way to preserve the fresh flavor of the cabbage.

COCOANUT CREME RECIPE

Take one package of plain gelatine and dissolve it in cold water. Pour one cup of boiling water over that. Mix half a cup of finely shredded cocoanut and five tablespoons of honey. Beat this together in your blender. Place in the refrigerator to semi-harden. Then remove from the refrigerator. This is your basic recipe. To this may be added fruit, in season, such as peaches, berries, bananas. Use only one fruit at a time, is best. Then return to the refrigerator in molds. You can add color by adding beet juice. A small amount of beet juice will turn it pink. When it is firmly set, it is ready to be served on special occasions.

AVOCADO CREME RECIPE

Peel and core one cup of apples. Cut up half a cup of avocado. Put some warm water in the blender. Drop in your apples. Then add pieces of cut up avocado. If you need more water, add it. This could also be sweetened a little more with maple syrup. Avocado Creme makes an excellent breakfast. It also makes a good sauce for your fruit dinner.

WHEAT YOGURT RECIPE

Use your wheat from the rejuvelac after it has been utilized for three or four days. Blend it thoroughly with the rejuvelac and strain. This makes a most digestible breakfast. Of course, it can also be used for lunch.

BREAKFAST SUGGESTION: APPLE-RAISINS RECIPE

2 apples 1 cup of raisins 2 cups of water 1/2 cup of sunflower seeds

Soak the raisins and sunflower seeds in warm water for 1 hour. Grate the apples in a medium grater. Put the apples in cereal bowls. Add 2 spoonfuls soaked raisins and seeds over the apples. Serve with peanut butter cream or almond nut butter cream. The juice from the soaked raisins can be used to make the nut butter cream.

HELPFUL ADDRESSES TO NOTE

LIVE FOOD KIT! Grass juicer, vegetable shredder (3 blades), electric nut grinder, Hoover 5-speed blender, recipes, sprouting seeds - all for \$75. Stainless Steel WATER PURIFIER (firewood or G.E.) \$119. SPROUT KIT - \$2.00 MANUAL GRASS JUICER - \$30. ELECTRIC JUICER - \$125. ATLAS JUICER - \$140, plus shipment. Send 8¢ postage for free 24-page, illustrated CATALOG of books (Live Food, Fruitarianism, Yoga, Sprouts, Grass, Essenes, Occult, Longevity, Sex, Children), utensils, sprouting seeds. LIVING FOODS AND LOVING THOUGHTS, P. O. Box 142, Stoughton, Massachusetts 02072

OGDEN AQUAFLO WATER PURIFIER removes bacteria and other things of a harmful nature from practically any nonsalt water supply, no matter how contaminated. Many models from \$19.95. Details from Howard Smock, 3038 Eureka Road, Ashtubula, Ohio 44004

ELECTRIC WHEATGRASS JUICER. Extracts juice the natural way. No high-speed spinning to cause oxidation of enzymes. Grass is thoroughly crushed, squeezed; juice separated from pulp. Free brochure from SUNDANCE INC., 55 Stevens Street, White Plains, N.Y. 10606

CHIROPRACTOR, Hygienist: S.S. Bass, DC, 3119 Coney Island Ave, Brooklyn, NY, 648-1500

ORGANICALLY GROWN WHEATGRASS:

- +Mailed anywhere for \$3.00 per pound, plus postage. \$2.50 at the house. M. E. Kellog, 1055 San Dieguito Drive, Encinitas, California 92024
 - +2 lbs - \$2.40, 5 lbs - \$5, Atherton, 551 Lytton Ave., Palo Alto, CA 94301
 - +Charles R. Underhill, Jr., Butts Bridge Road, Rt. 2, Box 153, Canterbury, Conn 06331 \$2.50 at the house. Stamped addressed envelope for further information
 - +Raymond Barker, 1902 - 14th Street, Rock Valley, Iowa
 - +Ron Gaspar, 2509 N. Derbigny Street, New Orleans, LA 70117
 - +\$2.75 per pound. "Pick-up" desired. F. Shay, 94 Newton-Sparta Road, Newton, N. J. 07860 Phone (201) 383-9887 (5:00 to 9:00 P.M.)
 - +\$2.50 per pound, plus postage. Eliassen, Rt. 1, La Fargeville, N. Y.
 - +Wheatgrass for sale, Harold Green, 4060 Rose Ave, San Jose, Calif., 251-6917
- This does not include delivery. Stamped addressed envelope for further information.

NEEDED BADLY AT THIS TIME: Folks with really compassionate souls who are willing to help others in their communities who want to get started on the wheatgrass therapy at home. Also needed are those who have wheatgrass to sell. Please send us the details.

SPROUTING WHEAT organically grown, in 90-pound bags. Free sample vegetable soybean for next 20 days with each purchase. George Miller, Inc., Rt 2, Box 150, West Liberty, Iowa 52776

SOIL for wheatgrass, dark and fertile. No poisons ever used as seed-treatments, weed or insect sprays or fumigants. Price \$7.50 per hundred pounds at freight office. Pay freight upon arrival. Ted. A. Whitmer, Bloomfield, Montana 59315

Organic Gardeners: Use ALASKA FISH FERTILIZER on everything that grows. Contact Norm Raese, Midtown Sales, 1315 Pearl Road, Brunswick, Ohio 44212

Wanting EARTHWORMS? Contact Missouri Earthworm Hatchery, Rt 1, Bourbon, Mo 65441

There are nine requisites
for contented living:
Health enough to make
work a pleasure; Wealth enough
to support your needs; Strength
enough to battle with difficult-
ies and forsake them; Grace
enough to confess your sins and
overcome them; Patience enough
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plished; Charity enough to see
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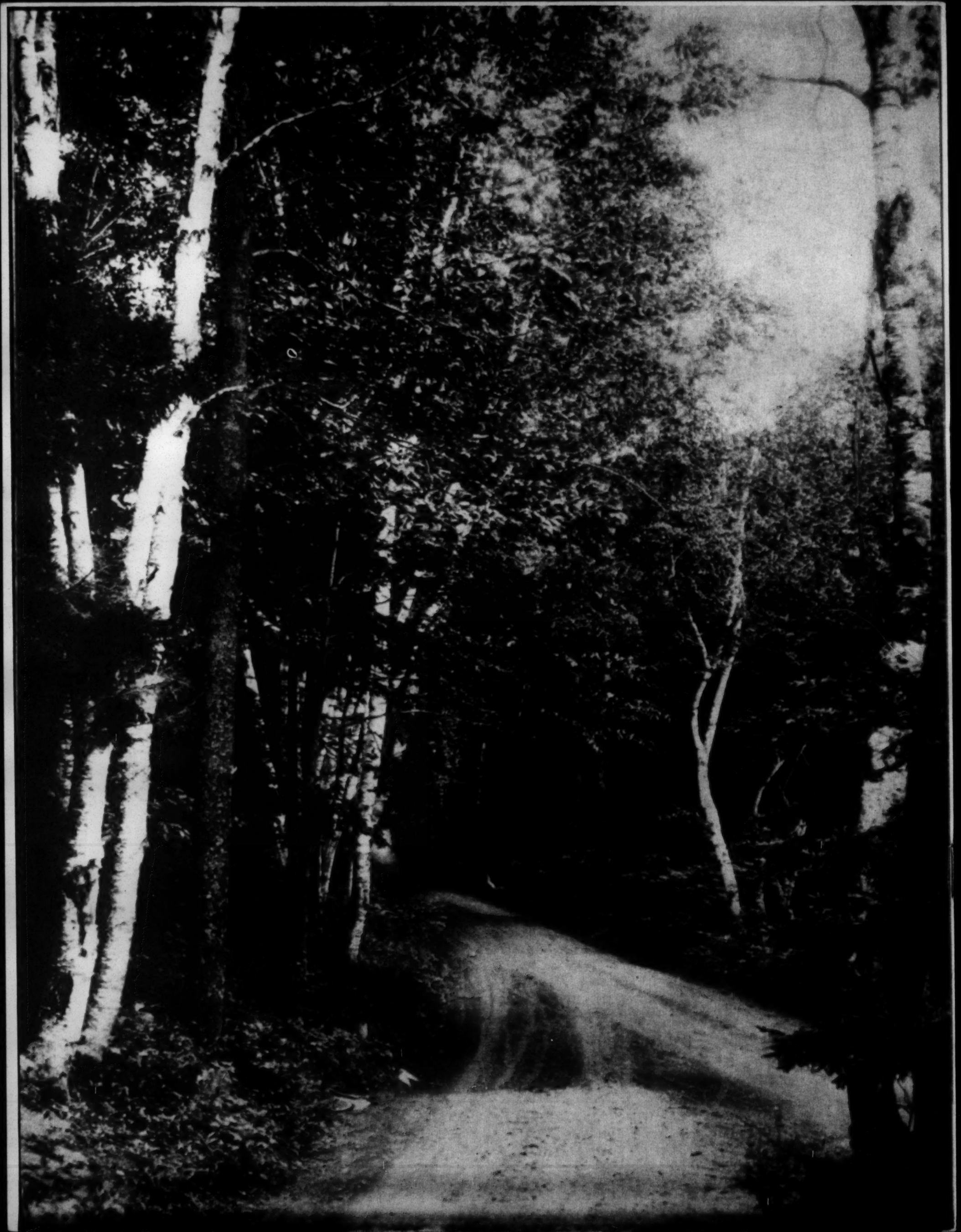
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... Goethe



THE RISING SUN



HEALTH DIGEST

139

Published by Ann Wigmore, D.D.

HIPPOCRATES HEALTH INSTITUTE

Ann Wigmore, D.D. Founder, Director

25 Exeter Street - Boston, Mass. 02116

Telephone (617) 267 - 9525

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TO PREVENT SICKNESS we must all work together. Only through cooperation will we accomplish speedily and effectively what we desire. We must learn and utilize the simple methods of Mother Nature and prove to the world that her system of healing and of health-keeping never fails when understanding, effort and faith are combined.

YOU CAN HELP by becoming a member of Hippocrates Health Institute. Take the first step toward becoming your own doctor. Make a real effort to improve the health of yourself and your loved ones. Many have found this method the best type of health insurance. You may become an Annual Member for \$10.00 a year, or receive Life Membership for \$100.00, which may be paid quarterly. Both memberships receive copies of the Rising Sun each month, also additional special issues, and periodicals and booklets as they are published. This is a marvelous way to keep in touch with the new discoveries relating to health. And see that your will provides to carry on this part of the Almighty's plan for universal health. Also, please write your law-makers about this way to health and bring the subject to your local talk shows. This is truly an emergency situation.

COME to Hippocrates Health Institute and learn by doing. The Mansion is open to the public and we accept a certain number of resident guests who wish to study the laws of Nature and learn how to apply them to their lives.

BECOME a health missionary; help to promote and sell the health information we publish.

Books

- Be Your Own Doctor - \$2.00
- The Bible, Astrology & You - \$1.00
- You Reap As You Sow - \$1.00
- Our Precious Pets - \$4.95
- Why Suffer? - \$4.95
- Healthy Children - \$2.00
- Health the Organic Way - \$2.00
- Organic Soil - G.H. Earp-Thomas - \$2.00

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- "Better Children"
- "Relax and Survive"
- "Fasting, the Secret of Youth"
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- Salad, Cancer Is No Exception

Naturama Health-Care 24 Issues \$5.00 Instructions Which Enable You To Be Your Own Doctor and equip you to aid others. Naturama Opens Doors To Better Health and Longevity

Greetings Dear Ones



Since the last communication, many things have happened. My great concern is now with young people. They will be more disillusioned than ever regarding the principles and things that are happening in our government. They must be informed that it isn't the country that is going down in the standard of morals, but only the people involved.

People have been sleeping and must be awakened. Every person who believes in America and for its true and deep values must stand up and be counted. Such awareness will inspire young people.

Every modern American, softened by ease and sickness should pick up their bed and run to save the sinking ship. The children are the hope for a better world. There is not any time for amusements, gossip, parties and fiddling.

The change of policy must take place immediately. Not only in the government, but especially in our schools, or we will be in total darkness, by strikes and shortages and so forth.

In our cities the menace of delinquency is a very deplorable condition. And this condition will not be alleviated until we get to the root of this evil. The education of our children must be an education of spirituality and health. They need knowledge of moral principles and obligations. This means each child's understanding of the "full duty" to personally care for his own physical health.

A spiritual gymnastics should be taught in the schools. Self-discipline, emotional control, the law of cause and effect should be understood by each child. Let's each one of us become a teacher, a mother and father to each little one. The best start in this direction is, I feel, teaching sprouting; teaching things about nature in every classroom, at summer camps, in church groups, etc.

Do let me hear from you so that I may send you some brochures on sprouting. I have material discussing the spiritual, physical and mental aspects of truth that I would like to send to you so that teaching can be done everywhere and that we may experience a better world. Do let me hear from you.

This is the schedule for my trip out West; I will be teaching sprouting and growing indoor greens:

6/9-10/73 Phyllis Huffman, Boise, Idaho (208) 344-3956

6/11-12/73 Open

6/15 International Sivananda Yoga Community, 1540 N. McCadden Pl, Hollywood, Ca. 90028

6/17/73 Open

6/18/73 Sivananda Yoga Vedanta Center, 1738 1/2 9th Ave., San Francisco, Ca.

6/19/73 Helen Story, East Bay Natural Hygiene Society, (415) 887-1284

6/20/73 Organic Garden & Nutrition Club, Gary Richards (707) 887-1284

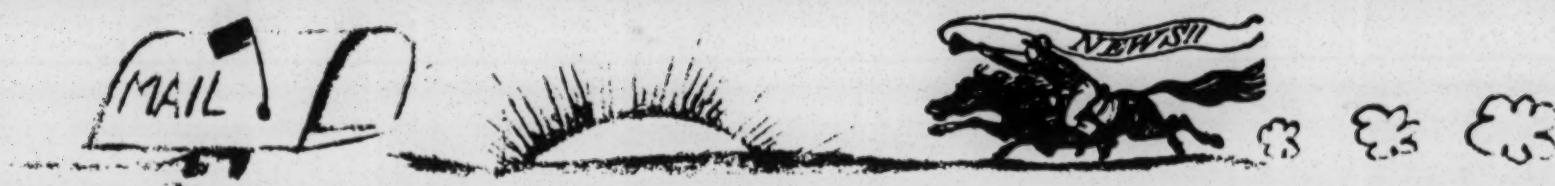
6/21-22/73 Sivananda Yoga Center, Vrindavan Yoga farm, Rt. 1, Box 803, Grass Valley, Ca. (916) 273-7667

6/23-24/73 Tahlita Fry, Box 404, Merlin, Oregon 97523 (503) 476-4011

6/25-26/73 Michael W. Lemmon, D.V.M., Highland Veterinary Hospital, 1409 Union Ave, N.E., Renton, Washington, 98055--Seattle, Wash. area.

6/27-30/73 F. David Alexander, 544 Thompson Run Rd., Pittsburgh, Pa. 15237 (412) 486-3359

Ann Chignore



A DIFFERENT APPROACH TO THE VITAMIN QUESTION

There has been more research work done on vitamins than any other component of food and yet the basic facts of vitamins are almost lost upon both the researchers and laymen.

It is necessary to recognize "living forces" as separate and apart from materialistic concepts. It is impossible to analyze or separate out vitamins. The vitamins are something immaterial - a "living force." Foods rich in vitamins such as wheat grass or carrots take in the "living forces" so that the "living forces" are integral with the wheat grass and carrots and cannot be separated from them. The "living forces" may be lost but cannot be separated out.

What is the main source of this "living force." The main source is the sun. We think of the sun's rays as light rays but in reality many different types of rays come into the world from the sun which are not visible to us. The infra red rays and ultra violet rays are examples.

Foods rich in Vitamin A are those rich in "warmth" such as oils and seeds. Warmth derives from the sun - mostly from the infra red rays of the sun.

Foods rich in Vitamin B are those rich in "order" such as the husks of wheat berries or rice and the peels of fruit; order derives from the ultra violet rays of the sun.

Foods rich in Vitamin C are those rich in "light" such as green leaves (wheat grass). Light derives from the visible rays of the sun.

Vitamin D is in another category. The best way to describe Vitamin D is to relate an experiment with pigeons which had their oil glands under their tails removed. They developed rickets, the key disease to Vitamin D deficiency. When preening their feathers, the pigeons could no longer oil their feathers so that the sun could irradiate the oil into Vitamin D followed by absorption of the irradiated oil into the birds' skin. Undoubtedly our best Vitamin D is the Vitamin D we ourselves can properly absorb through our skin from the rays of the sun. My personal belief and practice is to expose a reasonable amount of my skin to the sun whenever conveniently possible.

Paradoxically, the warmth, light and air which imparts the "living forces" to growing foods, will destroy them after they have been harvested. Take hay, for example, which is livestock's chief source of complete vitamins: A farmer will store his hay, protecting it as much as possible from light, heat and moving air currents. Years ago there were dairies which bottled milk in amber colored bottles to protect the milk from light. The milk was to be kept refrigerated and sealed except when poured for use. The same principles apply to all "living food" after once harvested. The food should be protected as much as possible from warmth, light and air.

The question is asked about the efficacy of bottled vitamins or vitamin pills. No clear cut answer can be given. Each such vitamin would have to be judged on its own merits. Was the vitamin derived from a "living food?" How much processing took place? Processing also destroys vitamins. How old are the vitamins? Vitamin strength declines rapidly with aging. Examples of good bottled vitamins are Brewers Yeast, Wheat Germ and Rose Hips. There are others but each would have to be carefully considered in view of the foregoing.

Harvey C. Lisle

SUNFLOWER SEED ANALYSIS: from Harvey C. Lisle

Here are some figures on the composition of sunflower seeds. In case you don't know of these facts, I am sure you will find this helpful.

Unless indicated by parts per million or international units, each 100 grams of sunflower seed kernels supplies the following amounts of nutritional factors:

Calcium	567 mg
Cobalt	.064 ppm
Iodine	.07 mg
Copper	20 pp
Iron	6.0 mg
Fluorine	2.6 ppm
Magnesium	347 mg
Manganese	25 ppm
Phosphorous	860 mg
Potassium	630 mg
Sodium	.4 mg
Zinc	66.5 ppm

Biotin	.067 mg
Choline	216 mg
Folic Acid	.1 mg
Inositol	147 mg
Niacin	5.6 mg
Pantothenic Acid	2.2 mg

Panthenol	3.5 mg
Para aminobenzoic Acid	62 mg
Riboflavin	.28 mg
Vitamin B-6	1.1 mg
Vitamin B-12	.04 mcg per gram
Vitamin A	68 I. U.
Carotene	.03 mg
Vitamin D	92 U. S. P. Units
Vitamin E	31 I. U.
Vitamin K	Trace
Thiamin	2.2 mg

Proximate Analysis

Moisture	5.27%
Fat	48.44%
Protein	28.00%
Ash	3.64%
Crude Fiber	2.47%
Carbohydrate	12.18%

Dear Ann,

I have been growing my sprouts for some time between layers of bath towels and have got a number of senior citizens doing the same. However, upon receipt of the above mentioned brochures a few days ago, I immediately started some alfalfa seeds sprouting in a bottle. Tomorrow it would appear that they will be ready to move into the sun to get their chlorophyll. This plan, as explained in your brochure, is so much easier and neater. Next week I shall go and get all the senior citizens changed over to this bottle plan.

Next week also, I have a friend who is going to see someone high up in the School Board here in Ottawa about letting me get a class or classes of school children growing sprouts in their classrooms. I shall then of course, suggest that they put the grown sprouts in their lunch sandwiches and that they take some home to their parents for adding to salads, etc.

I am finding the reading of all your literature so interesting and educational. Much of it has been loaned to me by Eric Norman who has visited the Homestead on more than one occasion. Eric is on holiday in your U.S.A. at the present time and I know that it is his intention to drop in on you folk around May 24th, a holiday weekend.

God bless you in your work and may He see fit to use me to spread your messages far and wide in this great country of ours, just to the north of you.

One of your most OPTIMISTIC admirers,
Ted Ross

P.S. I started a month or more program of wheatgrass last Tuesday. I have them in cardboard 'trays' under my bed to start them. Then I spread them all over the place as they progress. I have twelve all coming along at various stages and so, as I can get a second growth from each, I should have two 'maturing' each day for my needs. Many here in Ottawa are watching with eager anticipation the effects that my 'wheatgrass' program will have on my well-being. They are all anxious to see if I shall be able to see again without my glasses in a month or so time.

T. R.

P.P.S. For myself, I am anxious to see if the 'wheatgrass' will clear my mind so that I shall be able to do "His" work to the best degree. I know that there is so much "work" to be done here in His "VINEYARD".

Ted Ross
P.O. Box 3007

Dear Ann,

I feel I must write and tell you about the incredible birth of our little daughter two weeks ago, and would especially like to point out a few things which we think could be added to and changed in your wonderful book, "Healthy Children." We have both been vegetarian for about two years (our ages are 22 and 20) and have increasingly become aware of the body's requirements of live, unpoisoned, uncooked food. Our bountiful garden gave us a wonderful pregnancy, including wheatgrass (which we knew nothing about until reading your book, "Why Suffer" last week, but knew of its chlorophyll, "the true source of energy"). We had taken no drugs of any kind (we feel quite fortunate and protected about this), especially medicinal drugs and our ever-helping Creator had guided us to a wonderfully simple diet and mode of life.

We knew that the child must be born naturally, and, accordingly, we were guided to the most capable and incredible natural childbirth midwife (in the world, I believe). She removed all doubts, fears, uncertainties and clarified our hopes with wonderful stories of natural childbirth. So many mothers have been blessed by this lovely angel. She gave a series of "lectures" where we visited her and she taught us what we knew - breathing techniques, exercises, relaxation, posture, movement etc., whilst she began learning about nutrition from us. She taught us that God never meant there to be pain in childbirth and that pain resulted from fear causing tension causing voluntary muscles of the stomach and other areas to work against the perfectly functioning uterus.

This is our first baby and we experienced a trouble free pregnancy - no morning sickness and other complaints, except for ankles swollen for awhile (until we completely eliminated dairy products, especially cheese) and blood pressure was a little high (which also with God's help, was lowered with a little help from a terrific naturopath, a co-worker of Mira Louise).

Hence we were thoroughly prepared for the birth at home with the midwife present. We had all of her instruments and the various odds and ends of linen and jars of boiled water, cotton wool etc. ready.

Come the day Ali's (my wife) waters broke and contractions began early in the morning (also planned I'm sure with regard to eating) on the day of the beginning of the new moon (Jan. 4th). As our midwife had said - there was no pain - all our work was not in vain. We contacted our lovely lady. She came over and made examinations and gave an enema. My wife was up and around. We did the washing, some gardening and sewing and played songs. We were so happy that everything was going according to plan.

Late in the afternoon my wife was fully dilated (the cervix was fully opened) and ready to give birth. Up until this time the labor had taken about 12 hours and she was following without mistake the breathing techniques which allowed her to relax so that the uterus could work unimpeded. Ali pushed the baby into this world (it is very hard work) with the next few contractions (I much prefer to call them contractions than pains). She did not tear and the baby was born with ease. It was covered with vernin - the cheesy deposit indicating that it's an early birth. This is important: the vernin should not be removed as it is important to an early born baby's skin and will be absorbed into its skin within the following week or so. Many skin troubles follow the practice of removing it. We never bathed our baby until this was completely gone, but merely oiled it with pure almond or olive oil. Her skin is beautiful. She was only lightly oiled.

Also when a baby is first born its primary inspiration is to suckle. Our midwife has told us stories proving this by a new born baby being placed on her mother's abdomen and actually crawling to the breast. This very important fact has a most important function: the act of the first suckling causes a hormone to be released into the mother's bloodstream which acts to cause the uterus to contract, expelling the placenta as a whole and clamping down on the area which held the placenta to prevent bleeding. My wife lost a total of about 3 oz. of blood. Mother Nature makes no mistakes if we follow her bidding.

Phi now suckles very well and my wife's nipple had nothing applied to them but all during pregnancy they became itchy - the only way of relief was massaging them! Nature works in wonderful ways! I tend to think (listening to the experience of other mothers) that attempts to harden the

nipples are of little avail and may even have the opposite effect of preventing cracked and sore nipples. I have heard mothers tell how "I took great care of my nipples - brushing them with toothbrushes, oiling them and applying the commercially available applications, but they still became cracked and sore."

Since the weather here was very hot just after her birth (over 100 degrees) we made sure she had adequate liquid to prevent dehydrating. At first we used honey and water, but noticed that she was slightly jaundiced the next day, so we gave her plain water (which after the sweetened water she accepted less readily) until we discovered through talking to our marvelous naturopath the effect of too much honey on the liver. The effect I think is to limit its eliminative capacity and allow fluids into the bloodstream - hence the presence of a small amount of bile in her bloodstream. Needless to say it cleared up in a day or so.

Our baby was born with a fairly low weight but she was quite long and slim (the effect of diet), hence her birth was easy and she was better able to withstand the vigors of emergence.

We have heard of young children choosing their own diets - with results that shame us theorists - of choosing live foods (often one type of food per meal) exactly to body requirements. Our little Phi will have similar opportunity - not completely free choice since there are certain things which we would never put on the table (sweets, meat, etc.) and I suppose we shall have to guard against people offering her such rubbish until she is able to choose for herself and learn lessons will begin with nature and we expect her to teach us a lot more than we can show her.

Thank you for providing the next lessons for us.

Bless You All

John and Ali Berger

Reduced Crops--Mideast Grain Imports in 1973-74

Latest reports indicate that the prospective 1973 grain harvest of the Middle East (Turkey, Iran, and the countries between) is likely to be sharply below the relatively good 1972 level. Crops of wheat and barley, the two principal grains, are expected to total about 2.7 million tons less than in 1972.

As a result, the Middle East will probably not be able to repeat its good export performance--1.3 million tons of wheat and barley--of the current year. Instead, imports of the two grains could increase sharply to about 3.2 million tons in 1973-74 from the 1.8 million estimated for 1972-73.

Early-season dry weather raised questions about grain production in the Middle East this year. Rains provided relief in some areas as the season progressed. However, crops in Jordan, Israel, and Lebanon are still suffering, and--with harvest starting in May--their wheat production is expected to be about half the 600,000 ton bumper outturn of last year. This could increase their wheat import requirements by 250,000 tons this year and may be somewhat up next season.

Conditions in Syria and Iraq have improved after early-season dryness, but crops may still be below average. These two countries grow wheat and barley in semiarid areas, and yields are normally low. Last year's abundant moisture doubled yields, allowing Syria to export 300,000 tons of wheat and Iraq to export some 150,000 tons of wheat and 250,000 tons of barley. The only imports were 100,000 tons of durum wheat by Syria. With the lower 1973 harvests, 1973-74 wheat imports by these two countries may be at a more usual level of about 1.1 million tons.

In Turkey, general rains have relieved drought conditions. Crop prospects are still below normal, but good rains in April and May could bring sufficient production to avoid imports. Average yields would turn out some 8.5 million tons of wheat and 3.5 million tons of barley. During 1972-73, Turkey exported 600,000 tons of wheat from its record 1971 harvest. If precipitation should be below average during the rest of the season, Turkey could have to import some wheat in 1973-74.

Iran was not affected by drought, and prospects are for yields close to those of 1972. Wheat imports are projected slightly higher at 700,000 tons, and barley at about the same level as the 250,000 tons of 1972-73.

by ANSEL S. WOOD

Grain and Feed Division, Foreign Agricultural Service

PANORAMA BY Jonathan Forman, M.D.F.A.C.A.

As the feed additive, Diethylstilbestrol (DES) is banned on January 1, 1973 farmers and cattlemen should not try to outguess the Food and Drug Administration. Nevertheless, the rush is on to find a legal growth stimulant.

Among the feed additives tried for growth promotion, only one is left that has been proven effective—Upjohn's MELENGESTROL (MGA). This is a progesterone rather than an estrogen like DES, but it has one big drawback—it will work only on heifers. So it will probably also be banned in a few months. The already banned DES was cheaper and worked on both sexes and it could be fed or implanted. To make it even more difficult, the FDA is expected to extend the withdrawal time of 60 days to 120 days and this is another barrier to its use.

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New and exciting findings in the cytologic study of aging in the cells of man and other animals are attracting world-wide scientific interest. It begins to look like the next breakthrough in biology is at hand. Fundamental to our understanding of the biology of aging is the fact that differences in lifespan between different species of animals is far greater than differences within each species. A mouse is ancient at age 3; a horse at 30; a man at 100; while some tortoise species lifespan is 150 years.

A clue for the explanation of these facts has been found by growing the cells of these various species in glass. These in vitro studies reveal that the finite lifespan for the fibroblast from a chick embryo culture averages 23.5 doublings (each cell in the culture dividing into two cells); normal mouse fibroblast cells double 14 to 18 times and marsupial cells about 30 times. Next it is hoped that a correlation will be found between the 23.5 doubling and the 10 to 15 year lifespan of the chicken as compared with 50 doublings and the 100 year lifespan of man.

.....

Experts tell us that significant progress in the prevention of ischemic heart disease probably will not come from the "plumber's approach" to the clogged arteries but from increased emphasis on the prevention and correction of biochemical disturbances in the cells of the heart.

Clinical and experimental investigations have demonstrated that changes in cellular electrolyte content—particularly loss of potassium and magnesium and a gain in sodium—play a central role as the cause of injury to the muscle cells in the heart.

Travel Unvaccinated By H. Jay Dinshah

You don't have to be shot. Travel abroad without vaccination. It is not required for return to the U.S. Regulations clearly support you.

According to International Sanitary Regulations of the World Health Organization, Geneva, to which the U.S. agrees, you can't even be quarantined unless you have visited a disease-infested area within 14 days of your arrival in the U.S. It is wise to obtain a certificate from the local health department overseas where you stayed, stating that the area is not infected with smallpox or any other ailment for which a shot is said to be "required".

At worst, then, you can only be placed under "surveillance", leaving you free to enter the U.S., return home and merely report to your own doctor, if untoward symptoms appear.

If you are vegetarian or natural hygienist, you can obtain a certificate from your practitioner, M.D.D.O., D.C., etc., stating that due to your past history shots are contraindicated, as they might manifest some allergic reactions. This gives you additional backing, but is not required by law; you cannot be legally vaccinated against your own will.

Article No. 83 of I.S.R. states that "...any such person who cannot produce such a certificate (of vaccination) may be vaccinated; if he refuses to be vaccinated (as is your right), he may be placed under surveillance (not quarantine) for not more than 14 days, reckoned from the date of departure from the last territory visited before arrival.... (if he during the period of 14 days before his arrival has visited an infected local area... (he) may be required to be vaccinated and then placed under surveillance; if he refuses to be vaccinated (as is still your right), he may be isolated (quarantined). The period of surveillance or isolation shall be no more than 14 days, reckoned from the date of his depart-

ture from the infected local area..."(Words in parentheses are not part of the quotation but are inserted for clarification.)

Article No.27 states:"A person under surveillance shall not be isolated,but shall be permitted to move about freely."It prescribes the procedure for reporting to your local authorities;no travel restrictions may be placed,other than such reporting.A person under surveillance may be required to keep in touch with local health authorities wherever he travels in the U.S.No quarantine,no shots,no fuss.The law is on your side.

The Foreign Quarantine Regulations of the U.S.A. Dept. of H.E.W.,Public Health Service,Part 71,Title 42,Code of Federal Regulations as amended Jan.10,1955,state exactly the same procedure:"No.71.86b,Any person subject to vaccination under this section(arriving in the U.S.) shall be offered vaccination;if he is not vaccinated(that is,if he refuses) he may be placed under surveillance(not quarantine),the period of surveillance being reckoned from the date of departure from the last territory visited prior to his arrival."

Section 71.86c states that you can be isolated if you refuse vaccination, but only if you have visited an infected local area within 14 days.The period of isolation would be 14 days,reckoned from the date you left the infected area.In such a case,surveillance or isolation would presumably be at the discretion of the admitting officials.

Unfortunately,it is theoretically possible to arrive aboard a ship or plane together with someone unvaccinated who has been to an "infected area" thus placing all unvaccinated passengers under quarantine restrictions.This is a "one in a million" sort of thing,

though,extremely unlikely to occur on given flight or sailing.In any event,vaccination is never compulsory to enter the U.S., and quarantine is not enforceable unless there has been some contact with the disease.Travel to and from Mexico,Canada,the usual European countries and certain Asian ones comes under these regulations.Australia is said to be very difficult to get into,due to their own restrictions and Far East travel is likely to be troublesome.

Regarding Far East travel,I have since learned that most countries in that section of the world can legally be entered under WHO article 83 as described.

Australia apparently does not subscribe to this and insists that no one enter it by air without shots,but rather only by sea.This is because the sea voyage takes a couple of weeks and that it is the incubation period for the smallpox,supposedly.So you can even get into Australia by sea,providing you can get the passage booked and get the ship to carry you.

Experimental Drug 3 Deaths

By Victor Cohn
Washington Post Staff Writer

A Georgetown University doctor admitted yesterday that his group failed to report to federal drug authorities three unexpected deaths last summer within 30 minutes after each patient had been injected with an experimental radioactive compound used to diagnose blood clots in the lungs.

The Atomic Energy Commission learned of the deaths only this month by reading a notice of a scientific paper to be given by Georgetown professors in June.

Acting quickly, the AEC yesterday ordered all its licensees throughout the country to stop using the compound for lung studies until it can be determined whether it played any role in any of the deaths.

"In retrospect, we probably should have reported these,"

Dr. John Harbert, director of the division of nuclear medicine at Georgetown Medical School, said in an interview. "I think we were remiss."

The deaths, in June, July and August, according to an AEC official, were those of a man of 52 with multiple pulmonary emboli (drug clots blocking the lung's tiny blood vessels), a man of 85 with serious heart disease and a woman of 86 with multiple problems associated with what appeared to be a serious pulmonary embolism.

All had been given an injection of the radioactive chemical technetium 99m in an iron compound prepared by Diagnostic Isotopes, Inc., of Upper Saddle River, N.J.

At the same time, he said, "We were very confused. It could have been coincidence. It could have been the patients' diseases. It could have been something in the compound itself. It could be that the small number of particles injected into the lung were just enough embarrassment to the respiratory system to plunge the patient over the brink."

The Georgetown group themselves stopped using the compound. They have begun animal studies.

They did not, as federal law and regulation requires, report their suspicions. Diagnostic Isotopes holds a Food and Drug Administration "IND" or investigational new drug license for technetium 99m. Doctors like the Georgetown group who use the drug under

its sponsorship are instructed to report any possibly adverse reactions to the firm, which should then tell FDA.

Georgetown doctors, however, will tell the Society of Nuclear Medicine next month—in the report the AEC spotted—that "until the mechanisms of fatal cardiopulmonary reactions to lung scans (studies) are elucidated," their use in certain patients "must be extremely judicious."

Actually, said Harbert, "when we began thinking more carefully in January we did decide to send a report to the Society of Nuclear Medicine, which has a registry. We believed we had sent it. We've called, and they did not receive it, so I assume it was never sent from this office, which was a slip-up."

THE WASHINGTON POST

GOOD CARBOHYDRATES

My life is a cycle of work, reading, researching, writing and interrogation. There is no level to which I will not stoop to gain information and knowledge pertaining to health and I come up with some unusual findings.

In America, medical men, nutritionists and even health food people and writers tell you you need more protein with high protein diets and all this monkey business. They stress health food to an alarming, to a dangerous degree. There are some big men in the nutrition field who sell and manufacture protein products and they beat the drums for them continually. Now whether or not these men are sincere I do not know but the fact that they are linked or part and parcel of a 'Sell protein' group or company indicates that they may not necessarily be on the up and up.

My careful studies reveal that a high protein diet is not only unnecessary but downright dangerous and can or does cause severe harm to the person who partakes of that high protein diet. O.K., sometimes it takes years, especially if you are young, before the harm done by the high protein intake shows...but show it will. Yes it will reveal itself.

So I'm warning all who will listen to get off the high protein diet...get adequate protein but definitely not high protein.

I've also learned, believe it or not, that not protein, not fat, is our most important, our most vital or our best food. It is carbohydrates. Yes, I fully realize what I'm saying and I also am very much aware that carbohydrates have been given a very bad, nasty name, especially because they are supposed to cause diabetes and probably many other conditions.

Now I want to tell you this, that they are absolutely right when they say 'refined carbohydrates' because they cause various conditions or contribute towards them. I'm not talking about refined carbohydrates, I'm talking about good carbohydrates, natural carbohydrates, whole carbohydrates like seeds and grains and good wholesome fruit. These again I stress are our best foods...they are the foods that give us energy, that give us pep, that give us life and vim and vigor but the best, the happiest part of all that is that if you eat whole carbohydrate foods you get ample quantities of protein...more than your body needs and you also get ample quantities of good wholesome fat that your body needs.

So please, friend, listen to me...your carbohydrate foods are your best foods. The foods that will bring you health and long life...so don't be fooled. Believe me, don't be made a damn fool of by these people who are peddling proteins to make money and to harm your body.

WHY YOU SHOULD NOT EAT MEAT

Here I'm only giving you one of the hundred or more reasons:

"One of the most common additives in cured meats, frankfurters and luncheon meats is sodium nitrite. Researchers disagree on how much makes a toxic dose, but 0.6 grams has been fatal to humans. Federal regulations limit the chemical to about 0.09 gram per pound of meat product, or, in chemistry language, 200 parts per million.

"Sodium nitrite is derived from saltpeter, once a major ingredient of gunpowder. The nitrite forms a permanent red compound by combining with the hemoglobin in the blood of the consumer. It is toxic to humans for the same reason it is useful in meats--it forms a compound.

"Sodium nitrite is what makes ham, bacon, corned beef, bologna, frankfurters and other cured meats red. Without it, most processed meats would be dull and gray. Says one packer: 'I don't think you'd want to eat it.'

"Sodium nitrite is derived from saltpeter, once a major ingredient of gunpowder. The nitrite forms a permanent red compound by combining with the hemoglobin in the meat. It is toxic to humans for the same reason it is useful in meats--it forms a compound with the hemoglobin in the blood of the consumer. This compound, methemoglobin, prevents the blood from carrying oxygen properly. Outbreaks of the disease called methemoglobinemia have occurred when meat processors have been too liberal with the saltpeter."

LIST OF A FEW OF HISTORY'S VEGETARIANS: George Bennard Shaw, Count Tolstoy, Mahatma Gandhi, Albert Schweitzer, Leonardo da Vinci, Albert Einstein, Maurice Materlinck, Henry David Thoreau, Percy Bysshe Shelley, St. Francis of Assissi, Richard Wagner, Francois Voltaire, Arthur Schopenhauer, Paganini, Lucius Seneca, Plato, Socrates, Nietzsche, Aristotle, Prince P. Troubeskoy, Charles Darwin, Sir Issac Newton, Horace Greeley, William Blake, Edward Fitzgerald, Bramwell Booth, Edward Carpenter.

We are living graves of murdered beasts,
Slaughtered to satisfy our appetites.
We never pause to wonder at our feasts,
If animals, like men, can possibly have rights.
We pray on Sundays that we may have light,
To guide our footsteps on the path we tread.
We're sick of War, we do not want to fight--
The thought of it now fills our hearts with dread,
And yet - we gorge ourselves upon the dead.

Like carrion crows, we live and feed on meat,
Regardless of the suffering and pain
We cause by doing so, if thus we treat
Defenseless animals for sport or gain,
How can we hope in this world to attain
The PEACE we say we are so anxious for,
We pray for it, o'er hecatombs of slain,
To God, while outraging the mortal law,
Thus cruelty begets its offspring - WAR.



THE VESTED INTEREST OF "BIG BUSINESS" IN FLUORIDATION

from How Dangerous is Fluoridation? by Phoebe Courtney

When fluoridation of water supplies as a means of reducing tooth decay was first proposed, the proposal did not come from a doctor or a dentist. On September 29, 1939, Gerald J. Cox, Ph.D., a research fellow at the Mellon Institute located in Pittsburgh, addressed the Western Pennsylvania section of the American Waterworks Association. In his speech, Cox stated: "The present trend toward complete removal of fluorine from water and food may need some reversal." He then suggested that fluoride be added to water supplies as a means of reducing tooth decay.

What is the function of the Mellon Institute, with which Gerald Cox was associated? According to LIFE magazine of May 9, 1938, Andrew W. and Richard B. Mellon, then the owners of the Aluminum Company of America, ALCOA, founded the Mellon Institute in 1911. LIFE described the Mellon Institute as "an intellectual holding company and a laboratory for applied science open to the U.S. businessman." For example, when a manufacturer has trouble finding a market for his goods, he goes to the Institute and for \$6,000. or more he gets a fellowship entitling him to employ a scientist for a year and use laboratory facilities. According to the LIFE article: "The scientist's job is to either improve the product or find a new use for it."

Selling a Poisonous, Undisposable Waste Product for a Profit

In 1965, George L. Waldbott, M.D. wrote a book entitled A Struggle with Titans--Forces Behind Fluoridation [Carlton Press, 84 Fifth Avenue, New York, 10011] Dr. Waldbott, a pioneer in the field of allergic diseases, is a graduate of the University of Heidelberg Medical School. He emigrated to the United States in 1923, where he joined the staff of the Henry Ford Hospital. Dr. Waldbott is a member of the American Medical Association a Fellow of the American Academy of Allergy and the American College of Physicians, and a member of other national and international medical societies.

In his book, Dr. Waldbott discussed how in the early 1930's ALCOA and other manufacturers of aluminum were having problems. According to Dr. Waldbott: "They had a waste product--sodium fluoride--which represented a serious disposal problem. It could not be dumped on the ground because it poisoned vegetation, animals, and humans. ALCOA's Vancouver, Wash. plant was fined in 1950 for dumping fluoride into the Columbia River and poisoning domestic animals."

Even when sodium fluoride is buried, it is leached into the surrounding ground and eventually finds its way into streams.

The aluminum companies had been able to sell for rat poisoning and insecticides only a very small percentage of the sodium fluoride waste from their aluminum manufacturing operations. Therefore, clearly, what these companies needed was an inexpensive way to get rid of sodium fluoride, or better, still, find some way to sell it at a profit.

It was for this reason that Gerald Cox of the Mellon Institute, closely linked to ALCOA, proposed fluorides to be added to water supplies supposedly as a means of reducing tooth decay.

Fluoride has always been recognized as a violent poison. And here was Cox proposing to put it in the public drinking water!

MORE ABOUT VARICOSE VEINS

There is in an article in the "Lancet" which is supposed to be the greatest medical journal in the world. This article in the "Lancet" of April 15, 1972 is by Dr. Colin James Alexander of the Department of Radiology at Auckland Medical School, Auckland, New Zealand. His works suggest that the eastern and primitive peoples have a minimum of varicose veins and therefore this disorder may be caused by too much sitting on chairs-particularly in childhood.

Dr. Alexander claims that previous works suggest pathology is unlikely to be caused by either congenitally weak venous walls or valvular incompetence. He claims that it is more likely to be caused by some factor in Western life which causes either excessive stress or leads to a vessel incapable of handling normal stress.

He argues that the evolution of chair sitting in Western cultures alters the resting calibre of vein walls and he suggests that this disorder is not found in societies where chairs are either unknown or unused.

Children spend a lot of time sitting on chairs at school and watching TV. When they are not doing this they are running around and this oscillating effect of the venous pressure may create a condition which can erupt into varicose veins in later life under strains like prolonged standing or the wearing of tight clothing.

It is a pity that they don't teach nutrition and the value of raw food in medical schools. Otherwise this great and respectable graduate of a medical school would know that there are factors in food known as Vitamin P which strengthens weak venous walls and valvular tissue and that if people ingested foods that contain this vitamin they would not suffer from varicose veins and hemorrhoids. Foods that contain adequate quantities of Vitamin P are roots and seeds, fruits, green leaves, grapes, prunes, grapefruit, apricots...in fact, any good fresh vegetables contain all the Vitamin P required to keep the arterial walls in healthy condition.

THE BEST TRANQUILIZERS

There are a great number of different tranquilizers on the market. I'm referring to drug tranquilizers.

Now the tranquilizer that I have used for 60 years is a stroll in the woods or even in a park or along a quiet street or roadway. I've also found that sitting down and listening to sweet pleasant music is an excellent tranquilizer.

Another tranquilizer that I've used for many years with success is quietly sitting down over a cup of tea and discussing a situation that is rather difficult or troublesome. I've also found going to a good movie an excellent tranquilizer.

One of the best tranquilizers that I've ever known is good old fashioned work and absorbing work. There is no doubt about it, sleep itself is one of the best tranquilizers but the problem is that sometimes when you are aroused you can't get back to sleep. Try using the old gimmick of thinking only pleasant thoughts and driving all else from your mind or just visualizing doing something that you enjoy doing. This will most likely get you back to tranquilizing sleep.

Yes, I fully understand that when one is upset or troubled or emotionally disturbed the rationale is not there to do all the things that I'm suggesting and therefore then a tranquilizer in the form of a needle or a pill is called for.

Now that may be alright for you but I know full well that by using a shot or pill there will be repercussions, there will be side effects because the piper must be paid and I, for one, am not willing to pay any piper. I want to solve my problem if humanly possible so that it won't kick back at me or I'll wind up with two problems instead of one.

So come on fellow....any decent sensible human being is capable of thinking and of analyzing and of working out his problems. I can do it, so can you. Anything I can do, you can do better, remember.

Anyway, I want to warn that many tranquilizers can cause much worse conditions than the one they sought to control. None of them are safe, so watch out.

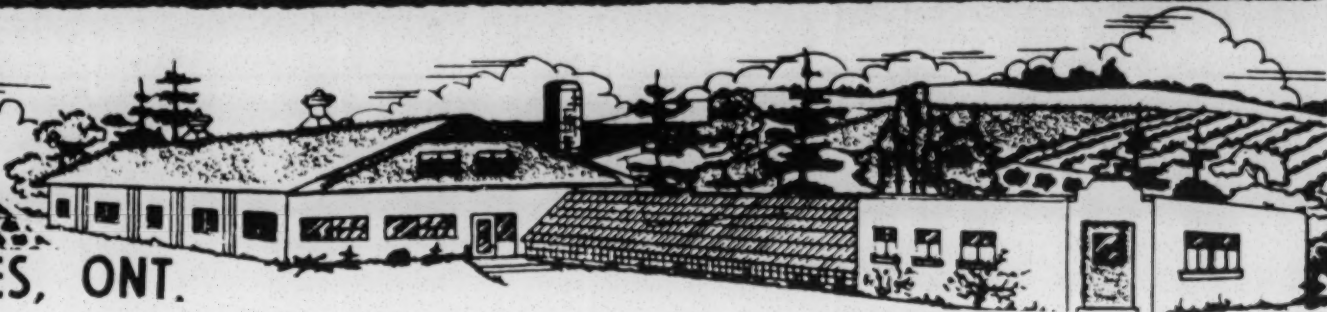
CANDY CONSUMPTION HITS 20 POUNDS!

The National Confectioners Association estimates that the average consumption of candy per person in the United States in 1972 was just under 20 pounds. A year earlier, per person consumption was about 19.8 pounds.

Forty-five years ago, when the association began keeping statistics, average candy consumption in a less populated United States was just under 15 pounds per person.

TOBE'S

... ST. CATHARINES, ONT.



Land of the Zombie Truly, folks, I despair of ever teaching mankind anything. Yet I keep on and disseminate literature, over which I slave. It is just a tribute to my jackass stubbornness. While I appreciate with all my heart the subscribers who help me to continue to publish "The Provoker," once you become a subscriber you are no longer my target, ... do you understand why?

Well, let me tell you. It's simply because you have seen the light and nothing can deter you from learning more and knowing the truth.

A stupid, uninformed, obedient public deserves only to be slaves... and slaves they are, to the processors, to the distillers, to the brewers, to the governments and to the healers. They do not question anyone or anything. They go along with whatever they are asked and told to do.

People who will accept the kind of T.V. programmes, the commercials, the advertisements that appear in the press and the editorials, are not deserving of the name of intelligent human beings.

Not one person in a thousand questions pasteurization, chlorination, fluoridation, immunization, injections, vaccinations and a thousand and one other things. They do not question the refinement, the fragmentation, the defilement of the foods that they eat.

They do not even question the soaring taxation that is piling up on them. The truth is that the people have either lost interest or the ability to think for themselves and to defend themselves.

"Chocolate consumption in this country is enormous," he told the American Academy of Pediatrics national meeting in New York. "It is cleverly blended as an additive or flavoring in a variety of foods such as milks, candies and cakes."

"But it precipitates allergic reactions more often than chocolate manufacturers are willing to admit," Dr. Fries added. The head allergy doctor of Methodist Hospital said he had tested 300 children afflicted with a variety of allergies and he found that 200 were sensitive to chocolate, including 25 who had severe reactions.

But, here is the best part. He added that St. John's bread, a chocolate substitute made from the fruit of the carob tree, which "tastes, smells, looks and defies detection from the original," is available to parents having children who are not only allergic to chocolate but also hooked on it.

Dried Fruit Advice I have for years stressed the superiority of vegetables and cereals over fruits. It is scientifically established that fruits do not possess the high nutritive value of the more concentrated cereals, legumes and nuts. It is also true that dried fruits have a higher nutritive value or content than the fresh fruits. I do not suggest that they are better than the fresh fruit but they are definitely more concentrated and only two or three ounces of the dried are the equivalent of perhaps a pound or more of the fresh but it is a must that you take sufficient water when you use dried fruits to compensate for the water that was removed. Failure to take adequate water may cause constipation or contribute to other problems.

I suggest that dried fruits should be thoroughly soaked for two or three days before eating. In this way they are highly nutritious and most satisfying. Of course I expect you to drink the juice along with the fruit....and remember, no heating or cooking.

ORGANIC GARDENING! WHAT IS IT?

Organic gardening is growing plants by the practice of natural biological culture, that is, assisting nature and causing plants to grow without the use of artificial or synthetic plant growth materials, or using poisonous chemical sprays.

In the practice of natural biological culture, we do not use sulphate of ammonia, nitrate of soda, calcium nitrate, sodium nitrate, ammo-phos, urea, sulphate of potash or super-phosphate, individually or mixed into various concentrations as 10-10-5, etc. These items do not appear as such in our natural environment; they are manufactured chemical materials. As organic growers or gardeners, we do not use them. Instead, we use natural materials broken down into compost. Compost is made of plant wastes, weeds, animal wastes, manures, tree and plant trimming, leaves, garbage, etc. Powdered rock, especially granite, will supply additional natural minerals. I find decomposed granite an ideal addition to the compost pile, all of which can be decomposed with the aid of water and natural heat, generated by manure, and sun -- sometimes with the aid of biological cultures. This results in a black powder, which is a natural plant food. When used, it enhances the growth of plants, trees, etc., and it does not leave a harmful residue in the soil as do chemicals as mentioned above. The synthetic items mentioned do leave some harmful salt residues, which, through rain, irrigation and water run-off, do contaminate our environment, especially the water of rivers, lakes, etc.

Usually organic culture, or I prefer to say natural biological culture, with the aid of beneficial insects, will produce better crops of natural goodness. This has been my experience in over thirty years of commercial growing and shipping hundreds of railroad carloads and truckloads of produce. Some of the questionable materials offered are the systemic sprays, which become part of the plant food juices (the blood stream of the plant). One is called isotox. Another material is the Malathion group of chlorinated phosphate compounds, as Deldrin, Heptachlore, Endrin, etc. These are nerve killing compounds which act on contact with the skin. Also, carbamate chemicals can be very harmful.

There is a method called "Companion Planting," which helps to keep harmful insects away from the desirable plants.

So, for a long life, I believe that natural foods are unequaled to maintain life. Fortunately, we grow most of our fruits and vegetables. I do not take chances on growers using questionable chemicals on fruit I eat. I would rather share some of it with birds and insects, than get a poisoned fruit. Birds and insects have their place in nature as well as earthworms and soil bacteria. They are entitled to a share of the fruits, etc. A bird's diet is mostly insects. So I have, I hope, explained what we mean by "organic" culture.-- natural biological culture -- the natural life prolonging way.

by Renan Prevost

I have for years stressed the superiority of vegetables and cereals over fruits. It is scientifically established that fruits do not possess the high nutritive value of the more concentrated cereals, legumes and nuts. It is also true that dried fruits have a higher nutritive value or content than the fresh fruits. I do not suggest that they are better than the fresh fruit but they are definitely more concentrated and only two or three ounces of the dried are the equivalent of perhaps a pound or more of the fresh but it is a must that you take sufficient water when you use dried fruits to compensate for the water that was removed. Failure to take adequate water may cause constipation or contribute to other disorders.

I suggest that dried fruits should be thoroughly soaked for two or three days before eating. In this way they are highly nutritious and most satisfying. Of course I expect you to drink the juice along with the fruit....and remember, no heating or cooking.

Health Treat:

Juice greens and sprouts together for a real rejuvenator. Use weeds, tops of vegetables, and indoor grown greens. One or two glasses of this treat should give you plenty of energy this summer.

YOUR BEAUTY



Q & A Direct Questions to Kay Lee
in care of Let's LIVE magazine,
444 N. Larchmont Blvd.,
Los Angeles, California 90004.

The Potato Trick

Q. I've heard that potato is good for the face. If this is true, what is it good for and how do you use it? — P. W., Tenafly, New Jersey.

A. I've heard the same thing — most recently from Beulah Roth, author and world traveller, who has compiled numerous suggestions from all over the world about cosmetics made with natural ingredients *The International Beauty Book*, 1970, Price, Stern, Sloan Publishers). She says to wash an Idaho potato, cut it in half, and immediately rub the cut part over your face, particularly wherever you have blemishes. (You can also use it for other parts of the body.) It will "magically" remove flaky skin and grime, she claims, even from skin that is supposedly clean.

Also, you might grate the potato, collect the juice, and apply this to the blemished area with a cotton pad. You can give these a try while you're preparing dinner!

Flabby Arms

Q. As a teacher, I am embarrassed about my upper arms, which are flabby and loose-skinned, and jiggle when I write on the blackboard! As long as I wear long sleeves, it's not noticeable, but who wants every dress with long sleeves, especially in warm weather? Is there any way I can tighten those upper arms? — B. T., Ridgefield, Conn.

A. Regular sports activities like swimming, golf, even garden-

ing, will help. But to be more specific, try these:

- Slowly lower and raise yourself in and out of an arm chair, using your arms only. When you're pretty good at that, try it with your legs outstretched in front of you. (Even if you don't budge your hips off the chair, your arms will get the benefit of the effort.)
- Stand in profile next to a wall at arm's length. Rest the palm of your hand on the wall at shoulder level, with your elbow straight. Push against the wall as hard as you can for 30 seconds. Now do the same with the other arm. You can do this while you're waiting for your class to come in and get seated and they'll never know.
- The director of our local health club suggests taking two large cans of juice — a can in each hand — and raising your hands behind your back, palms up. Keep your arms straight, lift as far as your arms will comfortably go, hold for a minute, then relax. Do this several times, and you'll even feel the pull in the arm muscles and ligaments.

Gelatin for Fingernails

Q. When you discussed fingernails recently, you didn't mention the use of gelatin. My formula for fingernail breaking is to take a small package of unflavored gelatin two or three times a week until the nails become pliable, and then once a week or sometimes less to keep them soft. My husband and I have used this remedy for years and find when we let up on it, our nails become brittle again. — M. M., Modesto, California

A. You have made a good point. Gelatin has been used successfully by many people to improve nail defects and splitting. However, Linda Clark in her book *Stay Young Longer* adds a note of caution: "Because of the imbalance of amino acids in gelatin, nutritionists are concerned about the possible effect of gelatin taken over a period of time. To provide a complete protein for the

body, it is suggested that gelatin be added to meat stock or milk, rather than taken alone." You might also take it in a brewer's yeast drink or eat some cheese or other such complete protein at the same time.

Black and Blue Marks

Q. Is there anything that can be done to help black and blue marks fade more quickly? I don't bruise too easily, but when I do, the marks seem to be in the most apparent places and stay for ages, running the usual gamut of red to blue-green to mangy yellow. — L. S., Banquete, Texas.

A. Nutritional doctors agree that one of the first symptoms of vitamin C deficiency are lingering black and blue marks from a bruise. Taking sufficient vitamin C will not only cause such marks to disappear, but will *prevent* this condition.

Two home-remedy standbys for bruise markings may also come in handy some time:

- Rub into the area a half-and-half concoction of papaya and pineapple juices. Or,
- Grate a yellow apple, place it between two pieces of gauze and hold on the bruised area.

Bad Breath

Q. What can I do for that occasional time when my breath isn't as sweet as I'd like it to be? I hate to use the commercial lozenges because they contain so much sugar. — J. H., Lakeland, Florida.

A. Here are some quick remedies that you are sure to have on hand in the kitchen. Chew a little anise or dill seed; it's anise that some airlines offer at the beginning of a trip, along with the ubiquitous candy. Or try raw — not dried — parsley or mint leaves. Alfalfa or chlorophyll, or a combination of the two, has helped many. Strong peppermint tea or hot lemon juice and honey are also useful for a quick mouth freshening.

If you have a chronic problem with halitosis, however, I suggest you read on the subject in Linda Clark's book *Secrets of Health and Beauty*. ■

Let's LIVE

BETTER BRAINS THAN OURS DO EXIST IN OUTER SPACE-Panel of Distinguished Experts Agree
By TODD SANCHEZ

Somebody out there in space may be talking to us. And if we ever figure out how to listen, it may blow our whole way of life topsy-turvy. Those were the conclusions of a group of distinguished scholars who met Nov. 19 at Boston University to discuss "Life Beyond Earth and the Human Mind".

Four top scientists and a theologian agreed there probably are hundreds-probably millions-of planets in the universe which support civilizations whose intelligence dwarfs ours. But they disagree on whether we should try to make contact with them. Astronomer, Carl E. Sagan, of Cornell, physicist Philip Morrison of MIT, and theologian, Krister Stendahl, dean of the Harvard Divinity School, welcomed the idea of contact with extra-terrestrial life-even life in a form far different from that of earth. But biologist, George Wald, of Harvard, was afraid of the harm that contact with an alien superbrain could bring. And social anthropologist, Ashley Montagu, expressed fears that our corrupt planet might corrupt the aliens.

Men have speculated for millions of years whether other planets are inhabited, said moderator, Richard Berendzen. The development in recent years of powerful radiotelescopes, capable of picking up signals from anywhere in the galaxy, have brought new urgency to the question. "The question is not so much 'if' as 'where' and 'when'," said Prof. Berendzen. He admitted there is no hard evidence of life on other planets, but said, "absence of evidence is not evidence of absence".

Radiotelescopes have already told us that such building-blocks of life as hydrogen, nitrogen, oxygen, carbon combinations and amino acids have been traced in abundance in the far reaches of the galaxy. There are 250 billion stars in our galaxy. If only a small fraction of these stars had planets and only a few of the planets had the potential of supporting life, the mathematical chances of life-forms on other planets still would be high.

Contact with alien beings isn't Buck Rogers stuff to Uncle Sam. The government is presently scanning the skies with a 1,000-foot radiotelescope at Arecibo, Puerto Rico. It can reach out several thousand light years (a light year is about 6 trillion miles). "We could detect signals sent out by a twin of our Arecibo radiotelescope located at the other end of the galaxy," said Sagan.

Sagan and more than 50 other scholars from all over the world met last year at a Soviet university in Armenia to discuss contact with space beings, showing that Russia as well as the U.S. takes this seriously. Sagan added that communication, when and if it comes, won't give powerful new military secrets to either the U.S. or the Soviet Union. For one thing, it will take decades, possibly hundreds of years, just to figure out what the aliens are saying. "The guys we contact have to be more advanced than we," he explained. "I say 'have to be' because anyone dumber than we has not yet developed radio technology.... In fact, there is almost certainly no civilization in the galaxy dumber than we can talk to."

WALD, Nobel prize-winning biologist, feared the impact that contact with such a super-race would have on the mind of man. "I can conceive of no nightmare as terrifying," he said. He quoted astronomer Frank Drake, one time director of Project Ozma, the first attempt to detect meaningful signals from space:

"We'll have a lot of questions to ask those fellows. We'll ask them the cure for cancer and how to perform a controlled thermonuclear reaction (for hydrogen fusion generation of electrical power)."

SAID WALD: "The thought that we might be attached by an umbilical cord to some more advanced civilization's science and technology doesn't thrill me, but just the opposite.

One of these days, perhaps, we'll have a cure for cancer...and have worked out how to perform a controlled thermonuclear reaction. But just to get it from that transmission... One could fold the whole human enterprise, everything: the arts, the sciences, the literature, the dignity, the worth, the meaning of man-and just be attached, as by an umbilical cord, to that one thing out there."

Ashley Montagu, anthropologist, well-known for his many books and TV talk-show appearances, said, "Before we try to contact beyond-earththers, we had better learn to contact ourselves." "With our magnificent record with the Indians, the Chinese, the blacks and the Chicanos, you can imagine what will happen. We would show them how to achieve peace by making war."

Physicist, Morrison, pointed out that actual visits are unlikely ever to happen, because of the vast distances of space. "It would take centuries to make such a trip even at the speed of light... So I am not fearful or terribly expectant. I don't see how our tragic circumstances today are going to affect this. Recognition of the message will have to come before any attempt to decipher it," Morrison said. "When we do discover it, it will be unmistakable. It will not be coded, but anticode, he said-planned for our understanding by a superior intelligence.

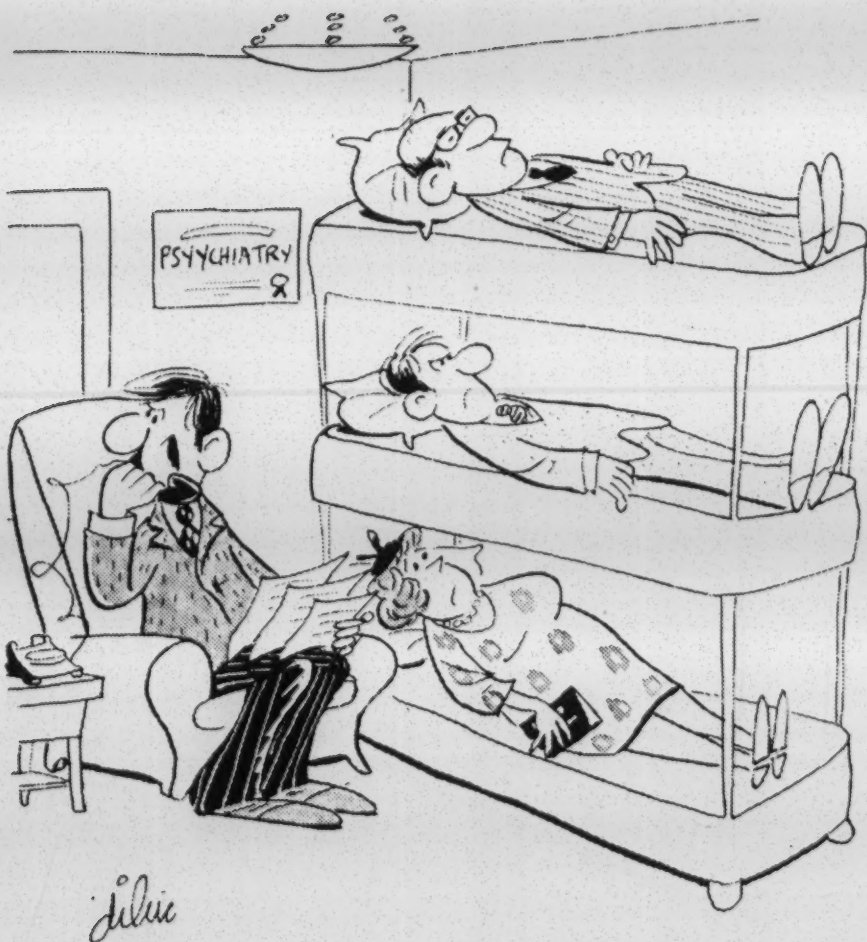
The idea of superior intelligence on distant stars didn't frighten Dr. Krister Stendahl. "Christians have always lived with the idea of angels and archangels. If anybody's ready, it's the theologians. My first reaction is that it's great-because it is great when God's world gets a little bigger. The growing awareness of cosmic cohabitation is enormously important to me-if it fits well into a growing knowledge of God's world." "It is highly probable that we are only one such civilization. For that to sink in-that man is only part of the cosmos-into his consciousness is a great achievement."

Man's inhumanity toward man-and possibly to outer-space creatures, as envisioned by Montagu-is the result of fear, said Dr. Stendahl. "When he is afraid, man is a very vicious being. That is why increased knowledge is not only interesting-but is the road to learning what to fear and what not to fear."

As to sending out signals in the hopes that alien intelligence might pick them up - what form should such messages take? Sagan said that Pioneer 10, the first manmade projectile destined to leave the solar system, was fitted with an aluminum plaque stating from where and when it was sent and depicting in line drawing a human male and a female. Letters to newspapers objected to sending "smut into space" because the pair's sex organs were not covered by a fig leaf. "Willy-nilly," Sagan said, radio messages already are being beamed out to outer space-and have been for 50 years. The upper end of the AM radio band, as well as domestic TV broadcasts, radar, astronomy and U.S. and Soviet radar defense signals "leak" into space. This faint "cloud" of signals has now spread to a radius of 300 trillion miles, at a speed of 186,000 miles a second.

"So someone out there may be enjoying 'Duffy's Tavern' or the 1928 election returns."

"This may explain why nobody has been here," he added.



"Please be brief, I'm a very busy man!"

You need not depend upon Psychiatry if you have a healthy body. A healthy mind and a healthy body go hand in hand. The present age of stresses of all kinds can get us into a state of great confusion and depression. De-natured and over-processed foods are so removed from the true and natural needs of the human being that it is not surprising that the eaters of such food find themselves in unhappy, uncomfortable states of mind.

Live food is a great aid to mental health.

If there seems to be a problem of uncertainty or fear in your life, do not wait until it gets worse. First, clean the blood stream and rebuild the cells with indoor greens, sprouts, fresh organic fruit (if available), and, very important, copious drinking of re-juvelac. Take wheatgrass implants daily.

This self-therapy will re-create a sounder and stronger person, will encourage the development of a saner personality.

For information on the particulars of this program, write Hippocrates Health Institute. We have lots of information and a large helpful brochure list of publications.

Simple Acupuncture Massage

Flexibility Is the Way of Life,
Hardness Is Death

by Jim Ledbetter

Acupuncture Massage is a simple treatment which anyone can learn which increases the health of the entire body. It may be considered a universal type of treatment. Acupuncture Massage differs a little from other types in general use. It is based upon the principle of electro-magnetic energy, and the treatment itself is directed towards this energy. This type of energy is the electricity which is found in our homes. It can be found in all natural beings and objects, an invisible force which is capable of great energy, and which is in fact the life force for everything in the natural world. Our organs, circulatory, skeletal and nervous systems are powered by this energy, just as our machines are powered by electricity.

the organs to which they are connected, and, because there are various interconnections between the meridians, this influence will extend to other organs as well.

After practicing Acupuncture Massage for some time, one soon learns that the most difficult and serious diseases are often nothing more than exaggerated cases of stiffness and soreness which have obviously been caused by poor food. Some people have been taking too little food which is nourishing, while others have been taking too much rich food; in both cases, the body begins to become hard and inflexible. This stiffness is one of the worst obstacles to health. When we are born, we are tender and flexible, in body and spirit, and our expectation of longevity is at its highest for this reason; when we die, we become hard and rigid. This one simple rule, if applied to all areas of diagnosis and treatment, is all we need to know for our general understanding of health, whether of the body or the emotional, physiological,

Just as electric energy flows in wires, the electro-magnetic energy of our bodies moves along extremely tiny wire-like channels along the surface of our skin. And, just as wires are connected to the engines and radios which they operate, these tiny channels coil within our bodies in various circuits and connect to our organs. Besides the circuits for the organs, there are also extra ones which unify groups of organs as a whole.

Where the wire-like channels begin on the surface of our skin, they form into spiral antenna which receive electromagnetic energy from the atmospheres around us. If this energy is in good supply, if we know how to draw it and are successful in doing so, if the wire-like channels are unblocked, our entire body receives a

strong flow of electro-magnetic energy. The stronger this flow, the more active and high-spirited we become.

The channels along which electro-magnetic energy flows are usually called "meridians," and the places at which energy gathers, tiny nodes along them, are known as "acupuncture points." If a certain organ is not in balance, the energy flow on the periphery of the body will become blocked. At this time, certain points may become sore to the touch, and it is possible to diagnose ailments by this soreness or sensitivity to pressure. When we rub ourselves at a place that suddenly itches or hurts, it is often an indication of this surface reflection of the condition of our interior organs. It is not difficult to learn to perform a simple basic diagnosis by learning a few of the most important acupuncture points and testing their sensitivity to pressure.

Massage along the meridians will improve the condition of all parts of

and spiritual nature. Flexibility is the way of life, and hardness is the way of disease and death.

Without proper daily food, any improvements which are brought about by methods of massage, Acupuncture, and other techniques, will only be temporary and will be likely to reoccur. When good food is taken, however, these supplemental treatments can be much more effective and the condition of the person being treated can continue to improve.

In general, whole grains, especially brown rice, vegetables, beans, and seaweeds, all as unrefined as possible, flavored with nothing more than vegetable oils and salt from the sea, are the secrets of health and long life. Even the simple elimination of meat, sugar

and chemicals from daily food will improve health considerably in a very short time.

In ancient China the art of acupuncture was developed to a degree that can hardly be imagined. There are many texts available which outline the detailed manner in which this science has been studied, and they are very interesting to read. Very delicate subtleties are known and very amazing cures are possible, to the master of this art. However, it is unnecessary to learn acupuncture theory in great detail in order to be able to understand and apply its general principle with massage.

Acupuncture Massage, or finger pressure massage, has no ill effects and can be used by anyone without special knowledge. For this reason it is

really universal and capable of the widest application. Where treatment by needle and moxa are directed towards a specific point or points to produce a certain effect, Acupuncture Massage is given to the entire body, along all of the meridians, so that every organ and system receives stimulation and energy.

MANNER OF MASSAGE

One of the important considerations to remember in giving a massage is that contact should be kept with the person receiving the massage from the beginning to the end, even when he is asked to change from a sitting to a lying position. The reason for this is that electromagnetic energy flows between the two people, and this current should not be broken. Even a light touch is enough to maintain this connection, but if it is broken the contin-

uity of the massage will not be as good as it could be.

The process of massage is an active interchange of energy between two people, and this has important effect. The first, as has been mentioned, is the condition of the masseur should be good; if he is tired or not feeling well, giving a massage may make him feel worse, for he will not be strong enough to take and discharge negative energy. If he is strong and healthy, and if he maintains a positive attitude he will be able to discharge any negative vibrations.

Sometimes, while giving a massage a person may temporarily acquire the symptoms of the person he is treating. This is not always the case, but it does happen from time to time. If the masseur is aware of this, if his outlook is strong and positive, he will soon discard this and often feel better than he did before.

The mood kept while giving a massage is very important. By a feeling of confidence and happiness, the person who is being massaged will become receptive and peaceful, and he or she will relax more and more as the massage proceeds. The more relaxed a person becomes, the more effective a massage will be.

A soft, flat area is required to give a massage, such as a mat or a firm bed, and there should be enough room for one person to lie out at full length and the other to sit at both sides and behind, by the feet. Naturally, the room in which the massage takes place should be as pleasant and as clean as possible.

Finger pressure is given to each point in generally the same manner; the thumbs are most often used, and they are kept straight and almost perpendic-

ular to the body. The tip of the thumb is pressed down directly upon the point, firmly and fairly deeply, and then quickly released. This is the most effective way, and if it is mastered one can develop a very excellent technique.

TECHNIQUE

The following way of massage may be taken as a general guide to the methods of Acupuncture massage which are generally used, although of course techniques vary with each person. In this description, the massage is divided into seven stages. The first two stages are performed with the person receiving the massage in a sitting position, which can be in a chair, cross-legged, or, most effective, with the legs folded under the body. In the next five stages the person lies down on his or her stomach, with the arms at the sides, the head most preferably without a pillow.

(1) *Shoulders.* Have the person receiving the massage assume a sitting position and stand behind him or her. Place your hands on the hollows in the shoulders between the neck and the shoulder proper. Your touch should be firm yet gentle, so that as you remain in this position for a few moments he relaxes and becomes receptive. If he sighs slightly, it is a good sign. Now slowly begin to massage the shoulders with the thumbs and fingers.



Soreness in the shoulders at this position is related to disturbance in the intestines. As the intestines are very fundamental to the condition of the body, this part of the massage is important and generally is done first. If the intestines are strong, food can be digested properly; if they are weak, the rest of the body will become weak. Almost everyone has some tenseness or soreness in the shoulders because of a poor condition of the intestines. This tenseness should be gradually but firmly released by the masseur. The entire group of muscles and tendons can be taken in a pinching motion by the thumb and fingers and gently lifted, and the massage can extend with the thumbs to the tops of the shoulder blades. At about the top middle of the triangular shoulder blade bone will be found another point of the intestines which is often extremely sensitive to pressure. This can

be massaged with a rotating movement of the thumbs.

Now use the fingers to locate a lung point on each side directly under the middle of the shoulder bones in from and massage them with a circular movement. After several massages you will discover this point easily.

(2) *Neck and Head.* If you are right-handed, move a little to the left and place the hollow of your left palm against the hairline of the forehead to keep the head as steady as possible.



With the right hand, massage the back of the neck, beginning at the top, in the following manner. Place the thumb and middle finger in the two dime-sized hollows which are found at about the level of the bottom of the ears and several inches behind them. These are gall bladder points, and great care should be taken to locate them and to

position the thumb and fingers properly. Move the entire hand in a circular motion clockwise as you stimulate and press these points, varying the pressure to allow the greatest depth without pain. If this is properly managed the person will often relax considerably and even sigh or laugh.

Now move directly down the neck, continuing the same rotating movement, locating the tendons which run down from these two points. As you move down the neck it will be necessary to widen your hand. Instead of a rotating movement, a lateral, in-and-out movement can be used which resembles pinching. Go down the neck several times along these tendons, pulling them backwards a little. Massage the shoulders a little more; by now they may have relaxed more fully.

Now stand directly behind the person and rotate the head in both directions. When rotating to the right, place the right hand on the right shoulder up against the neck, and the left hand at the various positions on the head necessary to have the head rotate in as wide a circle as possible. Reverse this position for rotating the head to the left. Massage the shoulders a little more, and perhaps the neck again quickly.

By now the entire area of the neck and shoulders should be much more flexible and relaxed. If they are not, continue the above massage until they become very soft and easy to move.

Now, standing behind the person, "crack" the neck in both directions in the following manner. To crack to the right, place the right hand on the shoulder up against the neck, and the left hand on the top left center

of the head. Have the person sit up straight and keep the neck straight. Slowly bend the neck to the right until resistance is found. Leave the head in this position for a few moments, and then gently but firmly crack the neck with a quick motion which will in most cases produce a sound in the vertebra below the neck. At this, the person will usually experience a great feeling of relief and even exhilaration, as pent-up energy is released and begins to flow. Massage the neck to prevent a reaction of tightening and then crack the neck to the left; massage the neck again, and finally the shoulders once more, which by now should have become very soft.

This technique of cracking the neck will be easy to master after a few tries. The best way is to have the person relax so much that it is easy to perform the movement. If there is any tenseness or apprehension it will become difficult, and so by your manner you must encourage confidence, proceeding firmly and slowly.

Keep the person sitting up straight, and hit the tip of the head with the backs of the fingers. Sometimes you may wish to massage the face, stimulating the temples with a circulatory motion of the fingers, pressing above

and below the eyes on the bones with the fingers, pinching the bridge of the nose lightly while holding the back of the head with the other hand, and lightly pressing the soft area under the jaw upwards with the tips of the fingers.

(3) *Back.* Have the person receiving the massage lie facing down, with his or her arms at their sides. Sit astride them at about the area of the buttocks, so that you can reach every part of the back easily, from the base of the neck to the small of the back.

The back massage begins with the spine and proceeds outwards, to the left and right. The meridians of the back all run from top to bottom, and although most of them outside of the spine are part of the very long and convoluted bladder meridian, the actual effect of the back massage is upon the organs which are directly below the area being treated. Therefore, it is helpful to study the position of the organs and to know their position as seen from the back; here texts and charts of anatomy are helpful. When the back is being massaged and a hard, swollen, or painful area is found, the organ located at this area will be known to be unbalanced. Appropriate massage can then be directed to this organ at once and the problem can be treated. However, it is not necessary to know the names of the organs in order to give a good massage. This is something that the interested masseur can pursue if he is interested.

The next issue of the Rising Sun will continue with information on this health-giving subject of massage.

From "The Strange World of Animals and Pets" by Vincent and Margaret Gaddis
Curious Tales Revealing That Animals May Have Psychic Powers Beyond
The Range of Men's Minds.

Introduction

On the surface the lives of animals seem simple-eating, sleeping, playing, occasional fighting. They may display such human vices as jealousy, and such virtues as loyalty. Some animals have a sense of humor; others, an astonishing sympathy for their fellow creatures. Between pets and their owners there is a special kind of love. That is the greatest gift of all.

This simple existence is the sum total of the lives of most pets and animals. Protected by human masters or in environments only mildly hostile, they never need to tap the deep inner resources that lie dormant. For pets especially, the sunshine and rain of the passing days are usually peaceful and gentle.

But there are the rare individual animals who, at certain times and under certain conditions, will use their latent supersenses. Subconsciously they can benefit from knowledge far greater than that of their conscious minds. They can contact a vast reality beyond the limited spectra of man's fallible senses: a mental reservoir linked strangely to the collective unconscious of mankind. Here, thoughts are things; and undefined natural laws regulate the empathies that began long ago when a brighter sun shone on a primeval earth.

No science in the foreseeable future will be able to do more than peer through small cracks into this great realm. "Our knowledge is a drop," wrote the great psychologist, William James, "our ignorance a sea."

There are smart animals-scout dogs in Vietnam who can detect buried mines and grenade trip wires; baboons who drive tractors and operate the signals for speeding trains; Nick Carter, the bloodhound who could track a man's trail days after it had been left; and Rolf, the German shepherd who recovered lost articles valued at more than four hundred thousand dollars. There are also the wizards-the dogs and horses who understand amazing vocabularies and solve complex mathematical problems. They are all exceptional, of course, but that they existed at all indicates a potential that stuns us.

Animals, along with all living things, are affected by cosmic rhythms and celestial cycles. Snails and crabs live by the tides, even in laboratories. Biological clocks, nature's timing systems, regulate the behavior of all forms of life-from the simplest organism to man himself-as accurately as mechanical timepieces.

How does a tiny hummingbird fly over the Caribbean? And from what strange source does it derive its seemingly boundless energy? How does a robin return year after year to a certain backyard in Ohio? Without parental guidance, how does a young seabird fly thousands of miles to its winter range and back again? How does the golden plover streak two thousand miles nonstop from the Aleutians and hit Hawaii on the nose?

These are scientific problems, but there are also the mysteries of the heart. There are the good samaritans, pets who have saved the lives of their masters and animals that have rescued other animals. Dogs have returned to veterinarians who have treated them, bringing their ill or injured canine friends.

The voices of love are avenues of communication that the behaviorist will never know. How did Rags, the astonishing mongrel mascot of Sing Sing Prison, know that a certain inmate was planning to take his life one melancholy night; and why did she change the habit of a life-time to save him? Pets have known when their owners were injured or killed in far-off accidents. Or, they can reverse this extrasensory communication. The great Polish pianist and statesman, Paderewski, knew ten days before the letter reached him in New York that his parrot, Cocky Roberts, had died in Switzerland. And the death struggles of Bob, a black retriever, were communicated to his master, Sir Rider Haggard, in a dream.

The love, devotion and loyalty in the creatures we call pets cannot be measured. There was Bobbie, who found his way on bleeding paws three thousand miles across the U.S.A. to return home; and Tom, a cat who had never left St. Petersburg, Fla., but followed his folks to a totally unknown home in California. What strange affinities, what mysterious beacons, guided them across the plains, the desert, and the Rockies to the human beings they loved?

And, finally, there are the riddles that came at the end of life's trail. Nikola Tesla's pidgeon flew into the electrical genius' hotel window to die. Pets sometimes die with their owners. When Red Skelton's son, Richard, died of Leukemia, the boy's beloved white billy goat expired the next day. Skelton's white cockatoo and Gene Fowler, the writer, were buddies. A

Neighbors heard and McMahon was rushed to the hospital. Shep went along. As the stretcher was wheeled into an elevator, the dog tried to follow but an interne pushed him aside. By this time McMahon was conscious and feebly stroked Shep's head.

"It's all right, Shep. I'll come back after they fix me up. Wait for me here."

Shep knew what this meant. Often McMahon, going where the dog could not follow, had spoken these words and Shep had waited. The elevator doors closed and Shep lay down in the lobby.

His master never came back. Francis McMahon died of complications from a skull fracture and his body was removed by a rear entrance. After the funeral, members of the McMahon family located Shep but the dog refused to leave the lobby. The Franciscan sisters who ran the hospital saw to it that he had food and water and a soft mat to lie on. He became the institutions's mascot, a friend to all the staff, but he had only one love, his master.

At first, when the elevator descended, he stood beside the doors, tail wagging, hope shining in his patient brown eyes. Occasionally he would venture outside by the front entrance or into a nearby corridor, but his ears were alert, listening, waiting for the familiar clash of the elevator doors. And when the sound came he would hurry back to the lobby. The months became years and after so many disappointments Shep would simply lie on his mat, watching, as the elevator doors opened.

He was kidnapped once, apparently by someone curious to see if his vigil could be broken, but he returned a day later, tired and dirty, his bruised footpads, showing the evidence of weary miles. With this one exception, Shep never left the lobby for more than 15 minutes at a time.

After awhile strange stories were told by the night workers in the hospital. It was said that deep in the night, in the early hours before dawn, the dog would sometimes suddenly awaken and race to the elevator, whining softly, wagging his tail and acting as if his master had returned at last.

"Sympathetic hallucinations," said the doctors. "Merely wish fulfillment. The dog lives with one hope, one desire and when he sleeps he dreams that his wish has been realized and acts accordingly." But two of the sisters said they once heard the sound of the elevator when the carriage was motionless; and others told of seeing a faint bluish light appear beside the excited dog.

More years passed. Around the patient Shep the citizens of Rock Island lived through the carefree twenties, the tragic financial collapse, the frustrations of the Great Depression-but the dog was still waiting for his master. He was getting old now and very tired. His fame had spread widely. Letters of inquiry came from foreign countries and many visitors came just to see and pet him. Motion picture companies filmed his vigil. Shep quietly accepted all these attentions but remained at his post. His master had told him to wait and the people in this busy place looked after his needs. Twelve years and four months-that's a lifetime for a dog-a long time to remember and hope and wait.

In 1936, a few days before Christmas, the end came. Shep was outside the entrance when a truck drove up. The driver didn't see the dog and Shep, aged and infirm, could not move to safety in time. He was reverently buried, and his unshakeable loyalty is memorialized in the hospital lobby, on a bronze plaque erected by the American Humane Association. Another dog's faithfulness did not end in futility. Albert Payson Terhune who owned and wrote about the famous Sunnybank collies had a friend named Wilson. When Wilson moved to California, he left Jack, his collie, with a relative in Philadelphia.

But Jack refused to live in his new home. He remained at the old house, now closed and spent his days on the porch. Each evening he went down to the station to meet the trolley that Wilson had taken home from work, always. After checking the departing passengers, he would return to the vacant house and grieve. Ignoring his food, he grew thin and gaunt and it seemed that his sorrow would end in death.

A neighbor, disturbed by the dog's condition, wired the facts to Wilson in California. Wilson took the next train east. When he reached Philadelphia he boarded the same trolley that he had always taken when he returned from work.

Jack, as usual, had gone to the station to wait. Then, amazingly, it happened-his master got off the car at last.

The collie threw himself at his beloved owner. "He was sobbing almost like a child might sob," Wilson told Terhune later. "He was shivering all over as if he had a chill. And I? Well, I blew my nose hard and did a lot of fast winking."

Jack went to California with his master who had resolved that they would never be separated again.

A New Look At The Lord's Prayer by Edith M. Custard

Many years ago, a teacher of Co-masonry, gave us her interpretation of the Lord's Prayer. It was our familiar version arranged on a ladder. She said the rungs of the ladder represented planes of consciousness and that in saying The Lord's Prayer, we begin at the top of the ladder, go down to the bottom and then climb back up again. It thus covers all areas of our life and consciousness.

Recently, we studied again, Max Heindel's thoughts on this prayer and saw that he also refers to the various levels of our being, yet he makes it clear, as to which plane of consciousness, each phrase applies.

OUR FATHER WHICH ART IN HEAVEN, is a form of address to the INFINITE SPIRIT or UNIVERSAL FATHER OF MANKIND. It also refers to the highest plane of our being, our Indwelling Spirit, which is the link to the Universal Father in our individual lives. Jesus said, "The kingdom of Heaven is within you," therefore, the Father which art in Heaven must also be within Us, and in the spiritual nature, innate in all things. To heave means to lift up; and heaven is the spirit that uplifts and enlightens us.

The next three phrases of the prayer are a recognition of the three aspects of God, as well as petitions for unfoldment in our own threefold lives. HALLOWED BE THY NAME refers to the Holy Spirit, or 3rd person whose name is sacred. This aspect seeks to purify and endow us with spiritual gifts and faculties. THY KINGDOM COME refers to the Son, or 2nd person whose Kingdom is the Spiritual Mind. He is the exemplar and friend, we are to love and emulate in our own souls as we develop our inner world of thought and consciousness. THY WILL BE DONE, ON EARTH AS IT IS IN HEAVEN, refers to the Father whose Will is the Divine Law at all levels of existence. The last phrase, carries the prayer from the level of heaven or spirit, down to the level of earth or the physical plane, where humanity is now evolving in the outer world of material substance.

Having thus addressed the Most High, and the Three Aspects of Divine Being, the prayer begins its personal petitions at the lowest earthly level of our physical need. GIVE US THIS DAY OUR DAILY BREAD. This refers to our supplies for the present day which is at hand. While it refers especially to our physical needs, by implication it includes our mental and spiritual needs as well. Bread has been used as a symbol of daily work, because it is by work that we earn our daily bread. So, this prayer is also a petition that we be given the work God especially has for us to do. Our physical functions in assimilating our daily bread, as well as other organic processes, are carried on at a level of automatic or UNCONSCIOUS operation; and while at his present point in evolution, man seems to be very, conscious of his bodily sensations, its biological functioning constitutes an area over which he has little direct control. Our digestion, circulation, the flow of nerve force and the energizing of our muscular systems, all go on involuntarily, without our even beginning to comprehend the marvelous interplay of actions and reactions involved. All these activities are the result of man's physical evolution over a long period of time and occur at a level below our conscious thought; we call this the Unconscious.

FORGIVE US OUR TRESSPASSES AS WE FORGIVE THOSE WHO TRESSPASS AGAINST US, refers to the past that we recall, a past that is stored in our subconscious memory, of things we have done in relation to others and that they have done in relation to us. Here, we are asking to have the slate of our memories wiped clean, to be forgiven of our past mistakes and errors, so that we shall no longer have a feeling of guilt. Forgiveness is freely given, as a sort of automatic process. As we forgive others, we are forgiven for our mistakes. This is a form of the Golden Rule-Do unto others as ye would have that men should do unto you. It is like accounting or book-keeping--for every debit, there must be a credit and vice versa. We must, of course, try to make amends for our past mistakes where this is possible, but where this is not possible, we also can do it, by giving love and kindness to someone else, or by some kind of service for mankind. This also applies to our relation to God; for "inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

LEAD US NOT INTO TEMPTATION moves ahead into the future where life is ever leading us onward and forward. This refers to our heart side, to our emotional and spiritual nature, to our very souls, that we be not tempted. What is it that is so tempting? It is our desires for cheap thrills and sensations, for excessive pleasures, power and possessions. It is also the level of our negative emotions and our tendency to give way to destructive feelings of anger, fear or despair. Our tempers are a temperamental testing ground, where we may ei-

ther get "hot under the collar" or "keep our cool". Temper, temperament, temptation, the tempest in a teapot, all have to do with temporal things in our world of time and space, that lead us away from things eternal in the heavens, the spiritual values of goodness, beauty, truth, faith, hope and love. The struggle here is for the SUPERCONSCIOUS ideal of our souls to control our lower natures.

BUT DELIVER US FROM EVIL. We come now to our Conscious selves, to the spiritual mind and intelligence, where Good and Evil are relative forces for constructive or destructive ends. Here is where many of our battles originate, in our ideas, thoughts and understanding, whether this be ignorant or enlightened, foolish or wise, false or true. "As a man thinketh in his heart so is he." Spiritual intelligence use the mystical language of head and heart, of intellect and spirit, of logic and psychology, of science and religion, that works toward a balanced philosophy of life. Such a consciousness illumines our thoughts and will deliver us from all evils, errors and mistakes. As Socrates expressed it, "The wise man will be good." Then our lives will be full of goodness, beauty and holiness. Laws are for the ignorant; the wise man will do right because he loves righteousness and shall "be like a tree planted by the river of waters." The wise man will seek to be a whole person, rounded in physical, mental and spiritual development.

Having prayed for all levels of our own consciousness, the LORD'S PRAYER returns us again to the higher spiritual level and concludes with another threefold affirmation. - FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY, FOREVER AND EVER AMEN. This, like the first three phrases is a recognition of the Son (whose kingdom is to come), of the Father (whose Power of Will is over all), and of the spirit (whose Name is ever glorified); forever and ever adds our willingness that it may ever be so.

In this way, the Lord's Prayer takes us down and up the ladder of Consciousness; and as we repeat it from time to time, in our own quiet spot, or in unison with others, may it remind us of the deep wisdom of Him who gave us such a complete and perfect prayer; and may we, like the disciples of old, also ask, "Lord, teach us to pray".

In a series of sermonettes, Rev. Charles L. Allen also traces the meanings of the Lord's Prayer. He says, "Praying is not saying words. Words merely form the frame on which the temple of thought is built. The power of the Lord's Prayer is not in the words, but rather in the pattern of thinking in which our minds are formed. The Bible tells us, 'Be ye transformed by the renewing of your mind.' When our thoughts begin to flow in the channels of the Lord's Prayer our minds do become new, and we are transformed."

Only as we think Christlike, loving thoughts, do we have the power of Christ or love-soul qualities in our lives. The king in Shakespeare's "Hamlet" said,

"My words fly up, my thoughts remain below;
Words without thoughts never to heaven go."

Jesus said, "God is a spirit; and they that worship him must worship him in spirit and in truth." What is spirit? Spirit is the primary force of reality; it is an energizing potency, that lifts us upward to the highest plane of thought and consciousness. Spirit is

like air that can be felt but cannot be seen. Spirit is like thought that can be understood but that cannot be touched and handled. Spirit is like love which can be experienced but cannot be measured or adequately described. Spirit is nonetheless real and it is only because we lack spiritual eyes, and have not yet fully developed our spiritual vision, that we cannot see it. We cultivate this when we meditate within ourselves, when we pray and when we feel sympathy for others.

St. Paul said, "For now we see through a glass, darkly; but then face to face; now I know in part; but then I shall know even as I am known." In another passage he explains that a veil was placed over men's minds in a former epoch, but that now a new light is available. He says, "When the mind shall turn to the Lord, the veil shall be taken away... The Lord is Spirit: and where the Spirit of the Lord is, there is liberty. But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."

As we carry the ideal of love in our hearts, we become that ideal, and it manifests in our lives. Then life itself becomes a prayer and as Emerson expressed it, we see prayer in all actions. Many of our truest prayers are wordless or uttered in silence, for God knoweth our needs even before we ask, and we know Him best, when we follow his directions to "Be still and know that I am God."

"IMITATION" FOODS ARE GAINING

Developing as a major U. S. business are man-made food-stuffs. Many are comparable with "the real thing" in nutrition. And the price is lower, too.

As food prices march upward, U. S. shoppers are beginning to take a closer look at the growing array of "synthetic" and "substitute" foods to be found on supermarket shelves across the nation.

These products, ranging from "meatless meats" to an egg substitute, are being offered at prices usually far below those of their conventional counterparts.

In most cases, the new products are held by experts to be as nutritious as conventional foods—sometimes more so. And, increasingly, they resemble naturally grown foods in taste and texture.

Nutritionists note that such foods are not to be regarded as the sole answer to the problems of feeding the American family adequately at less cost.

Much of the rise in food bills, they say, can be corrected if people rely less on quick-to-prepare foods and economize in other ways, as described on page 50.

Even so, these experts foresee an expanding place on the family table for synthetic foods, made largely from non-agricultural sources, and protein-rich substitutes, processed mainly from agricultural raw materials.

Mounting portion. Already these new products are getting a rapidly growing share of the U. S. food market.

For instance, sales of vegetable-based substitutes alone come to about 30 million dollars a year. Food economists predict that the total will rise to at least 2 billion dollars a year by 1980.

Some products already are well-known to U. S. buyers.

Margarine has been on the market for decades as a butter substitute. Now it accounts for two thirds of table-spread sales in this country.

Made from vegetable rather than dairy fats, it is favored by persons with

heart and circulatory ailments who want to avoid foods high in cholesterol and other agents in animal fats that tend to clog blood vessels. And margarine usually costs half as much as butter, or less.

Twenty-one per cent of all citrus-flavored beverages sold in the U. S. consist of water, flavorings and vitamin C.

About 35 per cent of the "cream" that people put in their coffee isn't really cream but a substitute made from vegetable fats. Just appearing on the market are powdered "eggs" made from soybeans and advertised as being free of cholesterol.

Biggest development in this field is the appearance of "meats" made from processed soybeans.

These can be made to look and taste like beef, ham, chicken or bacon. Usually costing much less than natural meats, they can be used unmixed. Supermarkets, more and more, are stocking such substitutes as "bacon bits," used to garnish salads and pizzas, or "salisbury steak style" and "chicken style" dinners.

Utilization by hospitals. Patients in some hospitals are noticing "meatless meat" items on bedside trays. The reasons that are given: The new product lends itself to large-scale food preparation, is cheaper than animal meat and is held to be just as nutritious.

An ever-growing volume of meatless substitute is going into meat "blends"—mixed with ground meat for hamburger patties, meat loaves and casseroles.

Many people are making their own blends of natural meats and synthetics.

Institutions such as schools and prisons are using vegetable proteins as "fillers" to make meat go farther.

Food economists foresee a big growth in the use of vegetable-based meat as fillers for stews, hashes and meat sauces.

In such mixtures, they point out, the substitutes pick up flavor from real meats. And "textured vegetable protein," manufacturers claim, actually add to the palatability of beef by permitting natural meat juices to be retained, not cooked away.

One company is test-marketing its own blend of 24 per cent meatless substitute and 76 per cent hamburger, to be used exactly the same as ground beef.

This product is priced as much as 10 per cent below the cost of lean ground beef. In protein content the blend is about the same as hamburger, and in animal fat it is somewhat lower.

Another manufacturer says that consumer response to its blend is "good"—and at one Minneapolis supermarket was said to be outselling regular ground beef 3 to 1. This concern estimates that, by summer, 1 out of every 4 stores nationwide will be selling meat blends.

Customer acceptance of meat blends, however, is not uniformly high, so far.

In St. Louis, a supermarket that has been offering soy-mixed hamburger at 85 cents a pound for two months reports that the usual hamburger at 97 cents has been outselling the blend by a large margin—30 to 1 in a recent week.

Even so, processors are planning long-term expansion of meat-blend output.

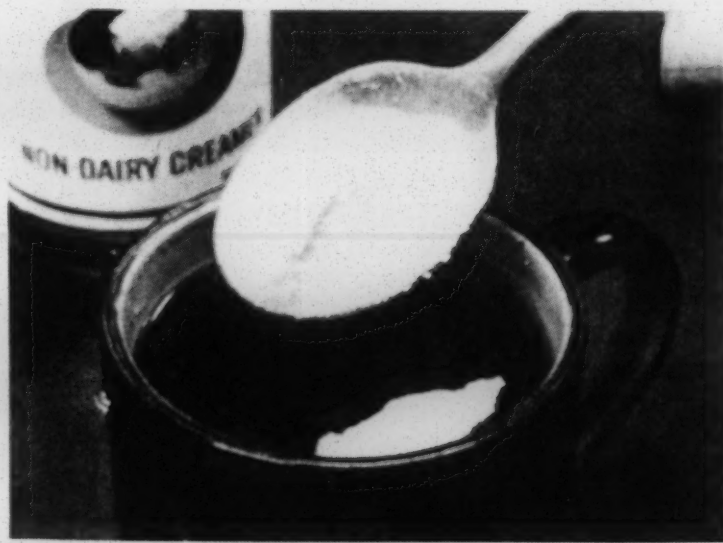
Altogether, official estimates are that by 1980 substitute meats will have replaced 20 per cent of the natural meats used in processed foods.

The taste question. The upsurge in substitution comes after many years of research in making synthetics and substitutes palatable.

From the beginning, research has given especial attention to soybeans, high in protein—the element most needed to build muscle, brain, flesh and bone.

Dried soy products are known to deliver more usable protein per pound than meat. They contain little vegetable fat and no animal fats. They are cheaper per pound of protein than most meats—and will become more so as production grows.

Food researchers concede that not all of the flavor and texture problems of soy products and other substitute foods or synthetics have been ironed out.



Powdered "cream"—one of many vegetable-based items used in lieu of animal products. A third of all coffee "cream" now is a vegetable substitute.

U. S. NEWS & WORLD REPORT,

Comment:

The synthetic food will have more chemicals than the food we have today. This will mean further degrading of health.



LIVING FOOD

Leafy vegetables, kept in the light at room temperature, can lose half of their vitamin B₂ and C in a day, so get them into the cold dark of the refrigerator at the first opportunity. The greatest concentration of minerals and vitamins of any fresh food is found in dark green leaves, so use endive, sometimes called chicory, escarole, spinach, romaine, Swiss chard, turnip tops, green cabbage and the darker varieties of lettuce. Remember to use the fine indoor greens, buckwheat and sunflower.

Parsley deserves a paragraph of its own. It is loaded with nutrients and should be added to salads generously. You can store chopped parsley, covered, in the refrigerator for quite a while. There is little loss of nutrients, and it's ready and available for use in a salad or as a garnish for many dishes.

The unappetizing, reddish-brown discoloration lettuce has when it's been cut with a knife is evidence of escaping vitamins. This can be avoided by breaking the lettuce. The core can easily be twisted out by hand, after you bring the head down firmly on the table, core side down.

One of the best additions to a salad is fresh sprouts. They might be radish, mung bean, soybean, lentils, wheat, rye or alfalfa. You can easily grow them yourself in 3 to 5 days. And when organically grown vegetables are hard to get, you have a home-grown ready supply of vitamin C in these crunchy, fascinating little sprouts.

Why not grow your own greens?

This picture on the right shows sunflower greens grown in 7 days, at the cost of 10¢ for a week's supply! Ask for instructions by sending a large stamped self-addressed envelope.



Of course, salad dressings rate top billing too, because no matter how beautiful a salad, much of its flavor depends on the dressing. For health, the best dressing is lemon and oil, maybe some garlic and herbs. A salad should be tossed as close to the serving time as possible. Never let a tossed salad wait.

A salad can be a meal in itself. It can whet the appetite by preceding the meal, or it can accompany it. Whatever the salad's role in the menu, its appearance in at least one meal a day is an absolute must. Start today. Here's a recipe suggestion.

Protein Salad

Cut up a cup of Sunflower greens, add a cup of sprouts, one avocado, a handful of soaked sunflower seeds, a small handful of cut-up dulse, moistened. Mix and dress with tomato or red pepper.

Dressing for Salad

1/2 cup oil, 1/2 cup of water, 1/2 cup beet juice, 1/2 cup sunflower meal, 1/2 cup tamari, 1 tablespoon of kelp, powdered, 3 cloves of garlic--BLEND WELL

--lastly fold in one cup of Sauerkraut.

HELPFUL ADDRESSES TO NOTE

LIVE FOOD KIT! Grass juicer, vegetable shredder (3 blades), electric nut grinder, Hoover 5-speed blender, recipes, sprouting seeds - all for \$75. Stainless Steel WATER PURIFIER (firewood or G.E.) \$119. SPROUT KIT - \$2.00 MANUAL GRASS JUICER - \$30. ELECTRIC JUICER - \$125. ATLAS JUICER - \$140, plus shipment. Send 8¢ postage for free 24-page, illustrated CATALOG of books (Live Food, Fruitarianism, Yoga, Sprouts, Grass, Essenes, Occult, Longevity, Sex, Children), utensils, sprouting seeds. LIVING FOODS AND LOVING THOUGHTS, P. O. Box 142, Stoughton, Massachusetts 02072

OGDEN AQUAFLO WATER PURIFIER removes bacteria and other things of a harmful nature from practically any nonsalt water supply, no matter how contaminated. Many models from \$19.95. Details from Howard Smock, 3038 Eureka Road, Ashtubula, Ohio 44004

ELECTRIC WHEATGRASS JUICER. Extracts juice the natural way. No high-speed spinning to cause oxidation of enzymes. Grass is thoroughly crushed, squeezed; juice separated from pulp. Free brochure from SUNDANCE INC., 55 Stevens Street, White Plains, N.Y. 10606

ORGANICALLY GROWN WHEATGRASS:

- +Mailed anywhere for \$3.00 per pound, plus postage. \$2.50 at the house. M. E. Kellog, 1055 San Dieguito Drive, Encinitas, California 92024
- +2 lbs - \$2.40, 5 lbs - \$5, Atherton, 551 Lytton Ave., Palo Alto, CA 94301
- +Charles R. Underhill, Jr., Butts Bridge Road, Rt. 2, Box 153, Canterbury, Conn 06331 \$2.50 at the house. Stamped addressed envelope for further information
- +Raymond Barker, 1902 - 14th Street, Rock Valley, Iowa
- +Ron Gaspar, 2509 N. Derbigny Street, New Orleans, LA 70117
- +\$2.75 per pound. "Pick-up" desired. F. Shay, 94 Newton-Sparta Road, Newton, N. J. 07860 Phone (201) 383-9887 (5:00 to 9:00 P.M.)
- +\$2.50 per pound, plus postage. Eliassen, Rt. 1, La Fargeville, N. Y.
- +Wheatgrass for sale, Harold Green, 4060 Rose Ave, San Jose, Calif., 251-6917
This does not include delivery. Stamped addressed envelope for further information.

NEEDED BADLY AT THIS TIME: Folks with really compassionate souls who are willing to help others in their communities who want to get started on the wheatgrass therapy at home. Also needed are those who have wheatgrass to sell. Please send us the details.

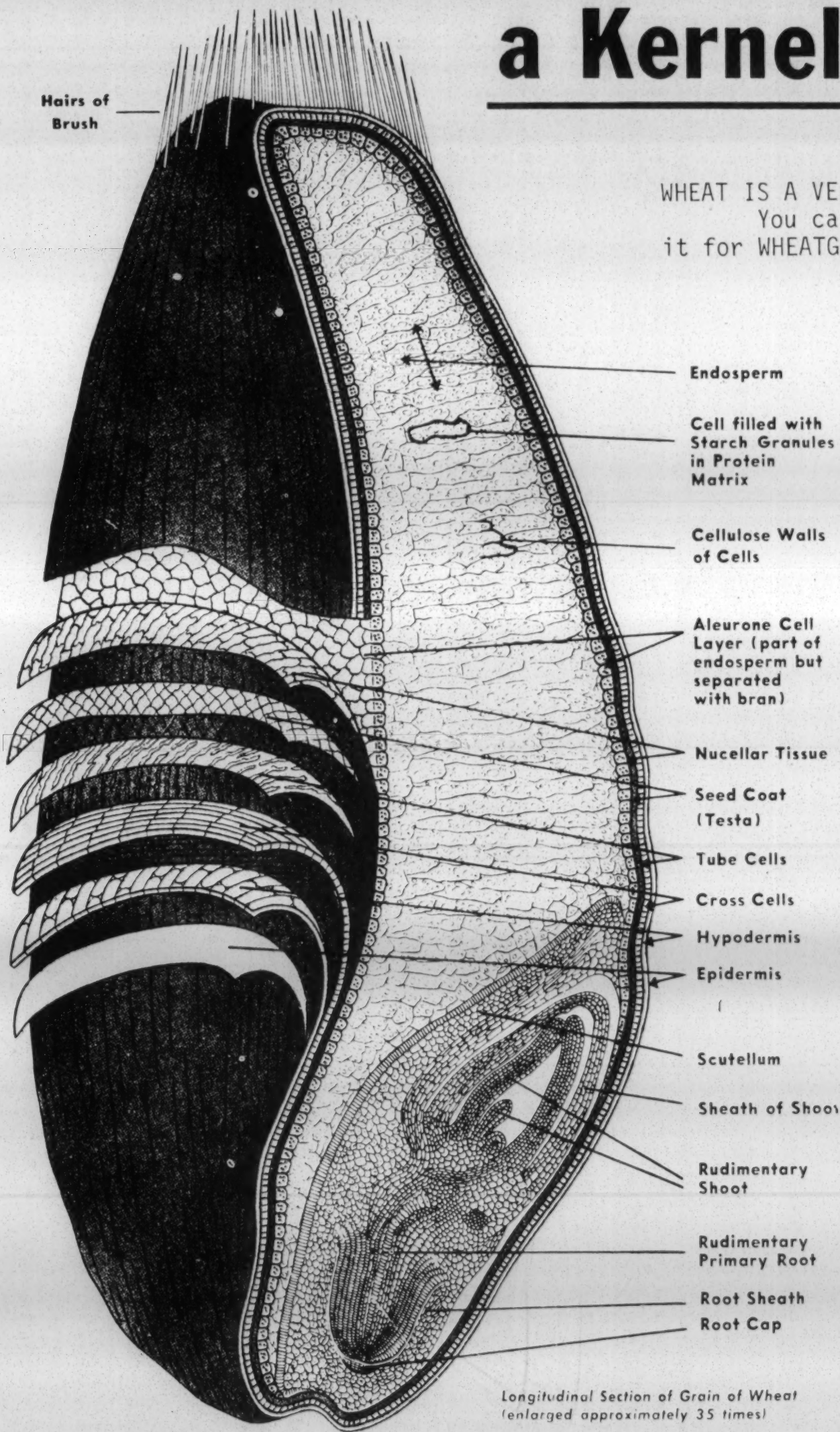
SPROUTING WHEAT organically grown, in 90-pound bags. Free sample vegetable soybean for next 20 days with each purchase. George Miller, Inc., Rt 2, Box 150, West Liberty, Iowa 52776

WHEAT SEED: The efficiency of wheatgrass juice is determined by the quality of the wheat used. The quality of the wheat is determined by the soil upon which it is grown. Our soil is dark and fertile. Sweet-clover is plowed in when it is five feet tall. Kelp from Norway is used to increase trace element content. No poisons are ever used as seed-treatments, weed or insect sprays or fumigants. The price is \$7.50 per hundred pounds at my freight office. Pay freight upon arrival. -Ted A. Whitmer, Bloomfield, Mont. 59315

Organic Gardeners: Use ALASKA FISH FERTILIZER on everything that grows. Contact Norm Raese, Midtown Sales, 1315 Pearl Road, Brunswick, Ohio 44212

Wanting EARTHWORMS? Contact Missouri Earthworm Hatchery, Rt 1. Bourbon, Mo 65441

a Kernel of Wheat



Longitudinal Section of Grain of Wheat
(enlarged approximately 35 times)

To Make:

cereal: blend 1 cup of sprouted wheat with one cup of water, sweeten with dates.

milk: blend two cups of water to one cup of sprouted wheat, strain out pulp, sweeten with dates (optional).

WHEAT IS A VERY VERSATILE AND COMPLETE FOOD.

You can eat it soaked or sprouted, plant it for WHEATGRASS, or make milk or raw cereal.

ENDOSPERM

... about 83% of the kernel
Source of white flour. Of the nutrients in the whole kernel the endosperm contains about: ⁽¹⁾

70-75% of the protein	} B-complex vitamins
43% of the pantothenic acid	
32% of the riboflavin	
12% of the niacin	
6% of the pyridoxine	
3% of the thiamine	

Enriched flour products contain added quantities of riboflavin, niacin and thiamine, plus iron, in amounts equal to or exceeding whole wheat—according to a formula established on the basis of popular need of those nutrients.

BRAN ... about 14½% of the kernel

Included in whole wheat flour but more often removed and used in animal or poultry feed. Of the nutrients in whole wheat, the bran, in addition to indigestible cellulose material contains about: ⁽¹⁾

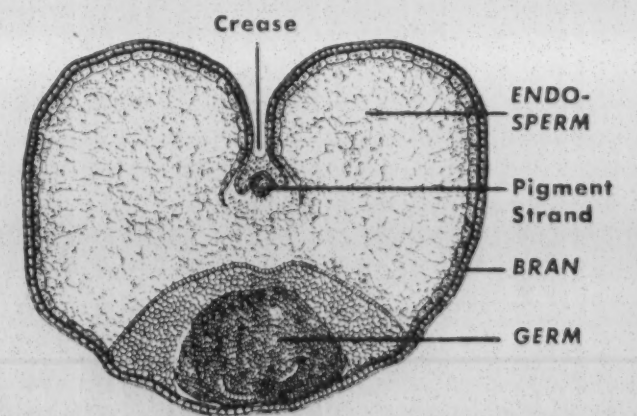
86% of the niacin
73% of the pyridoxine
50% of the pantothenic acid
42% of the riboflavin
33% of the thiamine
19% of the protein

In animal and poultry feeds, these nutrients are available. In human diet, the cellulose material of the bran tends to speed the passage of food through the digestive tract—making the total nutritive contribution less than from enriched white flour products.

GERM ... about 2½% of the kernel

The embryo or sprouting section of the seed, usually separated because it contains fat which limits the keeping quality of flours. Available separately as human food, but usually added to animal or poultry feed. Of the nutrients in whole wheat, the germ contains about: ⁽¹⁾

64% of the thiamine
26% of the riboflavin
21% of the pyridoxine
8% of the protein
7% of the pantothenic acid
2% of the niacin



Cross Section View



